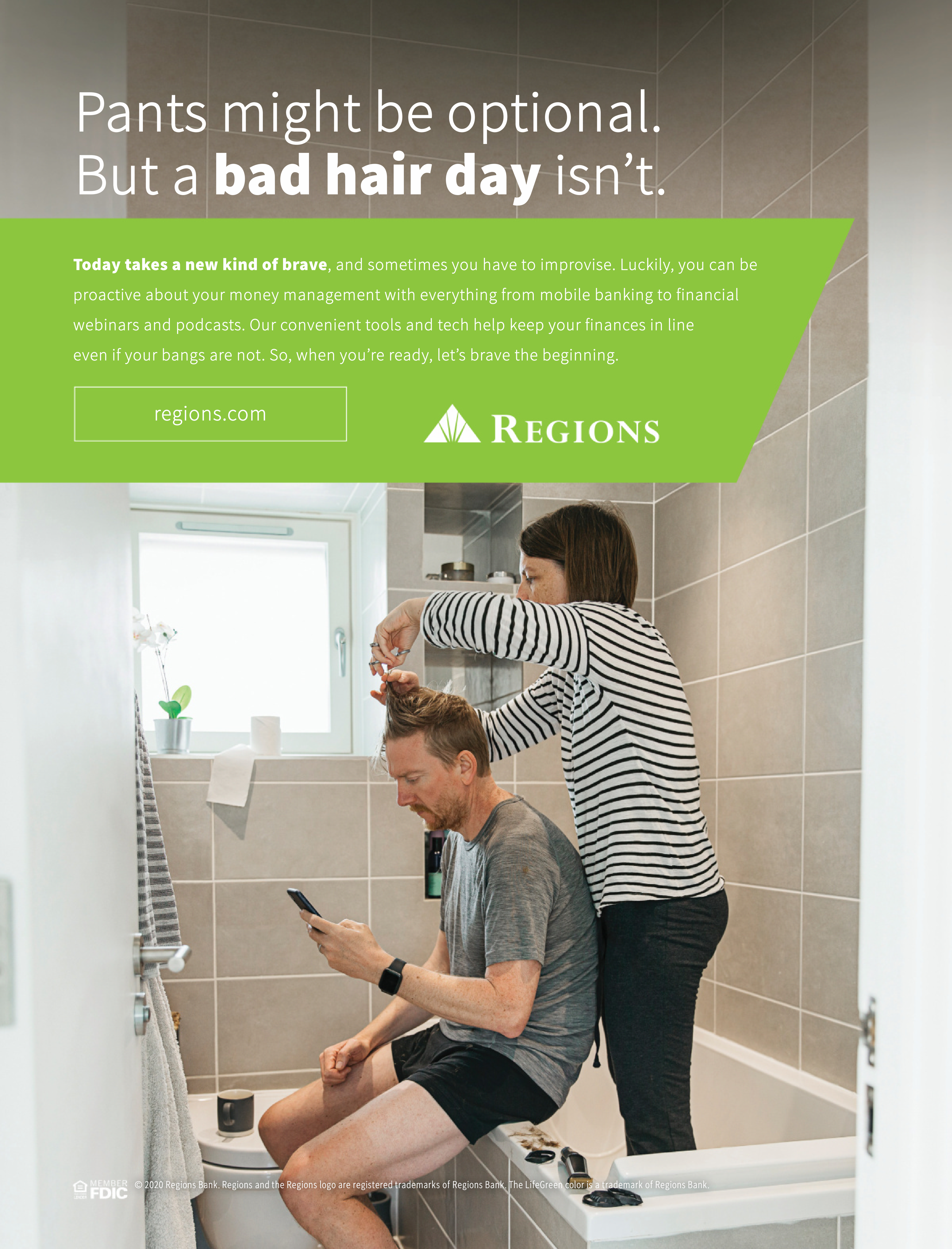

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OUR 2020 IDEA HOUSE

Southern Living

Classic Comfort

SECRETS OF A DREAMY MOUNTAIN HIDEAWAY

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Cornmeal Desserts,
Soulful Soups

A Virginia Cottage Makeover

Autumn in Horse Country

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OCTOBER 2020

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HOME MADE
WHAT'S COOKING WITH Southern Living
2020

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cozi

Simplify Supper! Cozi, the leading family-organizing app, makes meal planning and shopping easier. We've loaded the recipes from "Pasta Pronto!" (p. 113) into the app, available in the App Store and Google Play.

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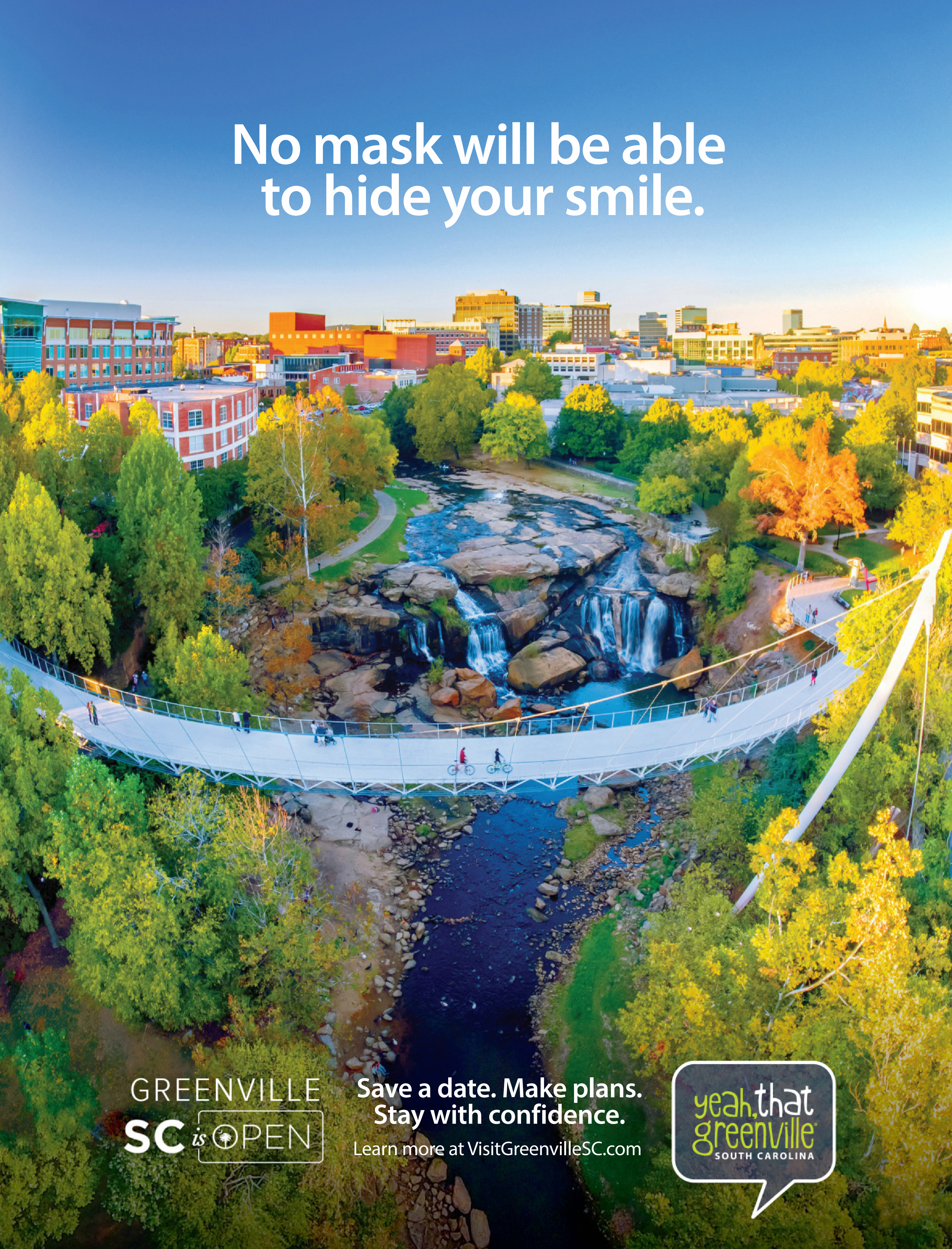
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Pleasant Surprises

What it took to build a modern mountain hideaway in 2020

Just Finished!
At the Asheville Idea House in July

THE MOST EXCITING conference call of the year (and there have been a lot) happened in late May, when we were getting a virtual tour of the *Southern Living* Idea House, which was nearing completion in a community called The Ramble Biltmore Forest in Asheville, North Carolina. I was at home in Birmingham, sitting at my dining room table, and the front door was open to catch a spring breeze. My two dogs were curled up at my feet, as usual. On my computer screen were operations manager Jason Norton, who was sharing a live video of the house using his phone; designer Lauren Liess, who was walking us through her decorating choices; as well as several members of the *Southern Living* team. Seeing one of our Idea Houses come to life is always such a highlight for the editors, but the real excitement started when my son, Austin, came downstairs after finishing an online class and suddenly shouted, "Whoa! Snake!"

I leaped up and ran to the front door, where a 6-foot rat snake had made itself comfortable on the cowhide rug in our foyer. We've always tried to make our home feel welcoming, but this was certainly not what we intended. Within minutes, the dogs were going berserk and my daughter, Phoebe, had jumped up on the chair in front of my computer and started screaming, much to the delight of everyone on the video call. After confirming with a friend that the invader wasn't poisonous, I managed to get it out of the house with a broom handle and returned it to the bushes where it could go back to eating rodents (hopefully the chipmunks that raid my garden). I rejoined the call, a bit flustered but thankfully unbitten, and everyone on the team was laughing and sharing snake stories. In many ways, it was a fitting exclamation point to the project—just one more surprise in a year full of surprises.

Without a doubt, this was the most challenging Idea House we've ever built, but that makes the story on page 70, "Mountain Hideaway" by Associate Homes Editor Grace Haynes, feel all the more special. Our team of architects, builders, designers, and landscapers had to overcome countless obstacles, from factory delays and changing timelines to unpacking furniture with masks on. But there was something about designing a beautiful sanctuary in the woods during this crazy year that gave us all something to dream about. Come on in, and see what you think. I promise you the only surprises in this house are good ones.

SID EVANS
EDITOR IN CHIEF

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sid@southernliving.com

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Gladys Knight on *Biscuits & Jam!*

CHECK OUT our podcast with the Empress of Soul, Gladys Knight, who talked to me about holidays with the family, singing in her kitchen, and the real story behind "Midnight Train to Georgia." We've also got a great lineup of guests through December 15.

Hover your phone over the smart code above to download new episodes from Apple Podcasts.

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HOME & GARDEN

BEAUTIFUL SPACES—INSIDE AND OUT

FARMHOUSE STYLE

Reclaimed Charm

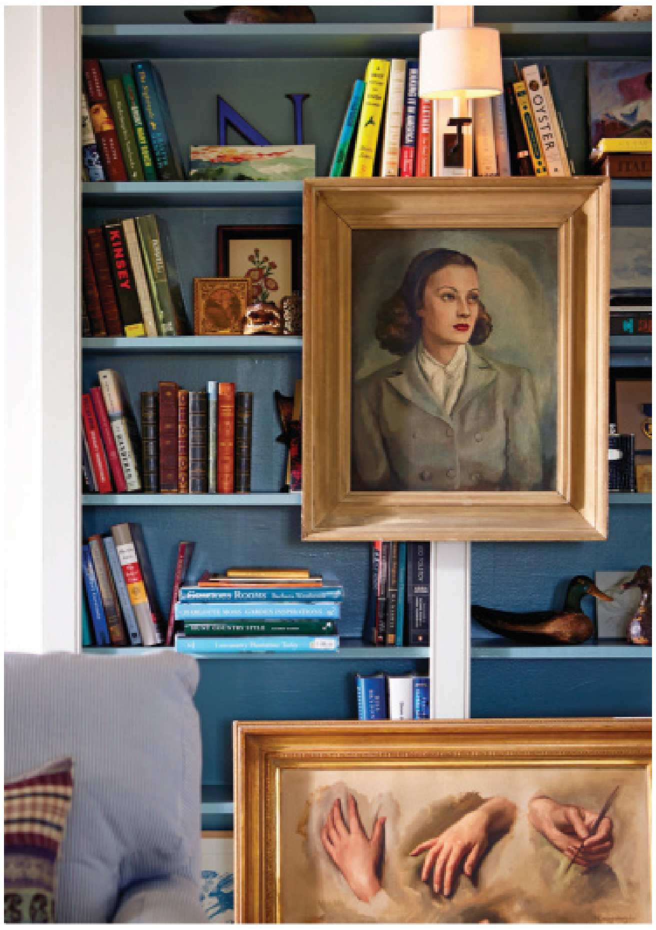
Architect Madison Spencer adds some giddyap to a Virginia horse country cottage

BY **STEPHANIE HUNT**

PHOTOGRAPHS BY **DANE TASHIMA**

GRAND OPENING

As both the entry and lounge space, the living room had to give a warm, welcoming first impression. Here, Spencer clad walls in white-painted salvaged wood and outfitted the built-in bookshelves with antique and heirloom finds, including a portrait of his mother.



"THERE'S SOMETHING magical about beautiful light," says architect Madison Spencer, who fell for the luminous lure of this Virginia foothills property. Call it a job hazard. A Charlottesville-based specialist in classical architecture, Spencer had been working on an assemblage of buildings on his client's 18th-century horse farm in Keswick, which included this nonhistorical, nondescript 1990s spec house. "It was a fun rescue, a wreck with zero character that we gutted and gave lots of personality," says Spencer, who collaborated with London-based designer Serena Williams-Ellis on the project, which was envisioned as a guesthouse for the larger farmhouse estate. But, he says, "I loved it so much that I moved in."

In addition to the way the golden afternoon light douses the countryside, Spencer appreciates the simplicity of the barely 2,000-square-foot cottage, renovated on a budget. "People can tell when a home really exhibits a sense of personal character," says Spencer, who layers family memorabilia with consignment store and antique finds. "The goal was creating a place where foxhunt guests could shed their boots, throw Barbour jackets on a peg, light a fire, and fix a drink." To maximize natural light and views, they removed some interior walls and doors, pulled drywall off the ceiling to expose beams, and replaced deteriorated windows with two-over-two panes "more in keeping with an old farmhouse," he adds. Remilled oak boards from about 6 miles worth of paddock fencing got repurposed for the walls and kitchen cabinets. Salvaging this old wood demonstrates that "doing things less expensively doesn't necessarily mean doing them cheaply," Spencer says. "The trick is to deal with what you have, set a stage for yourself, and then get the party started."

STYLING: ELLY POSTON COOPER

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INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/dupixent/; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

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Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only
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What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
  - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to https://mothertobaby.org/ongoing-study/dupixent/.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- **See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.
- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

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Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

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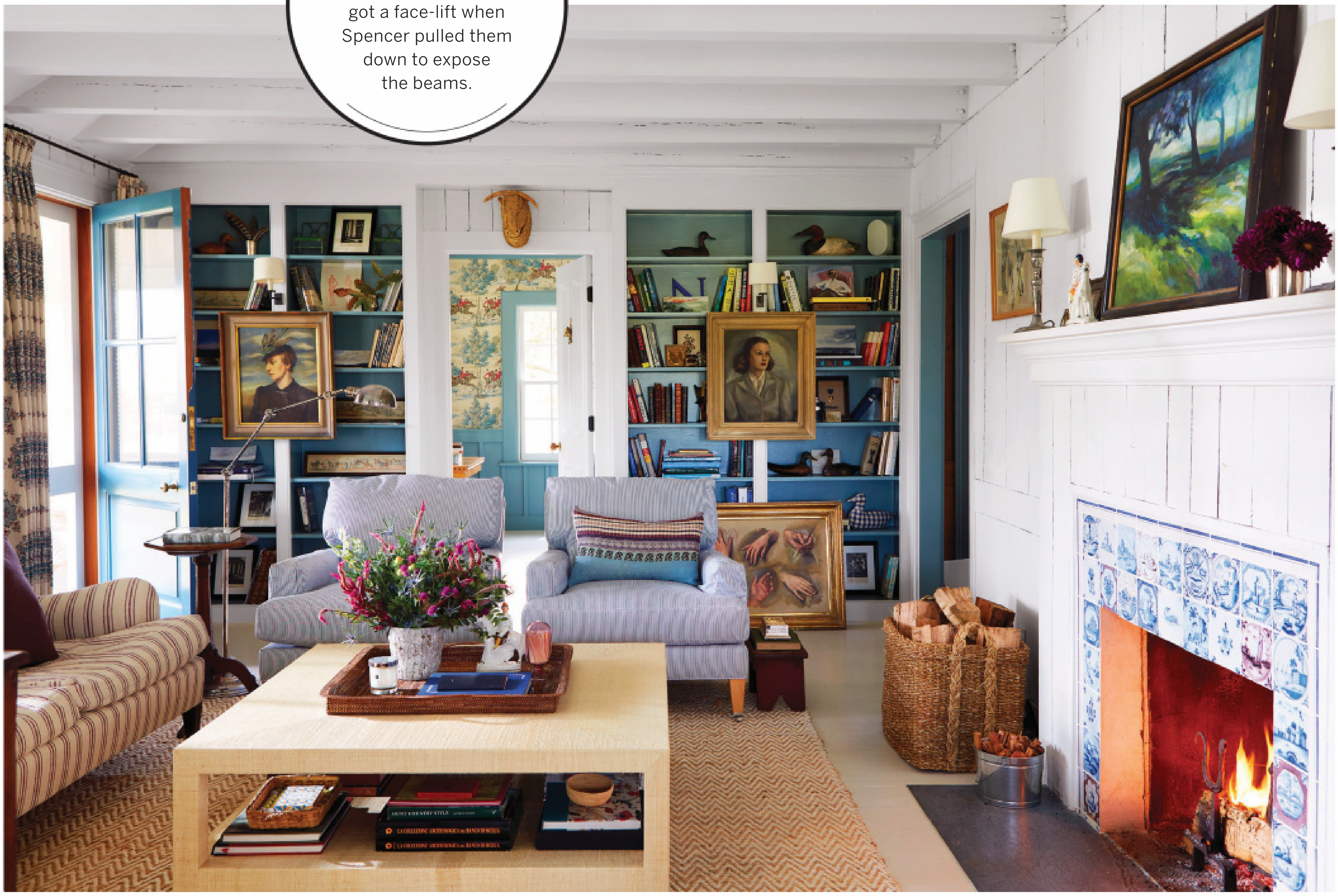
Issue Date: June 2020

HIGHER GROUND

Previously covered in drywall, the ceilings got a face-lift when Spencer pulled them down to expose the beams.

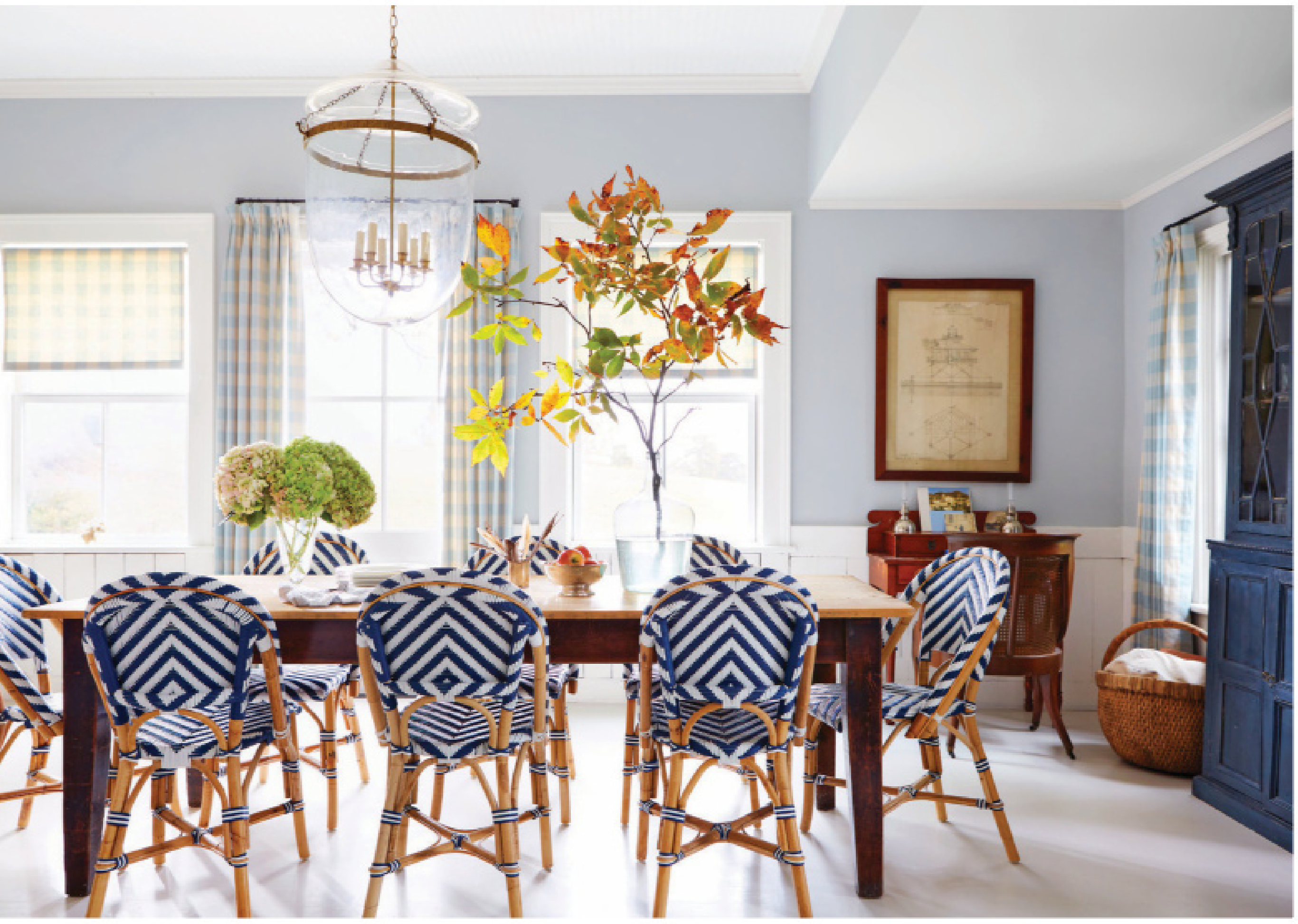


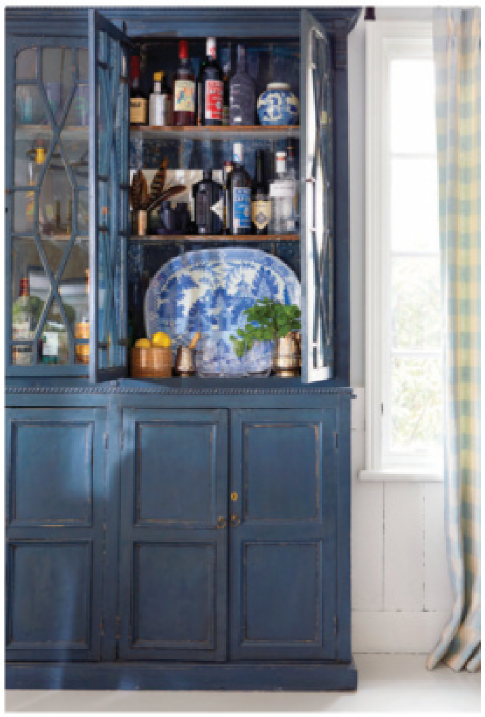
EXPERIMENT WITH PAINT

Covering bookcase interiors in his go-to Farrow & Ball Oval Room Blue (No. 85) "adds a sense of depth and makes things seem bigger," says Spencer, who displays his inherited antique books alongside some family portraits. "Paint doesn't cost much, and I'm always looking for inexpensive tricks," he says.

LET THE LANDSCAPE LEAD

Working on a sprawling 18th-century horse farm, Spencer drew inspiration from the picturesque setting, adding the illusion of age to an otherwise modern home.



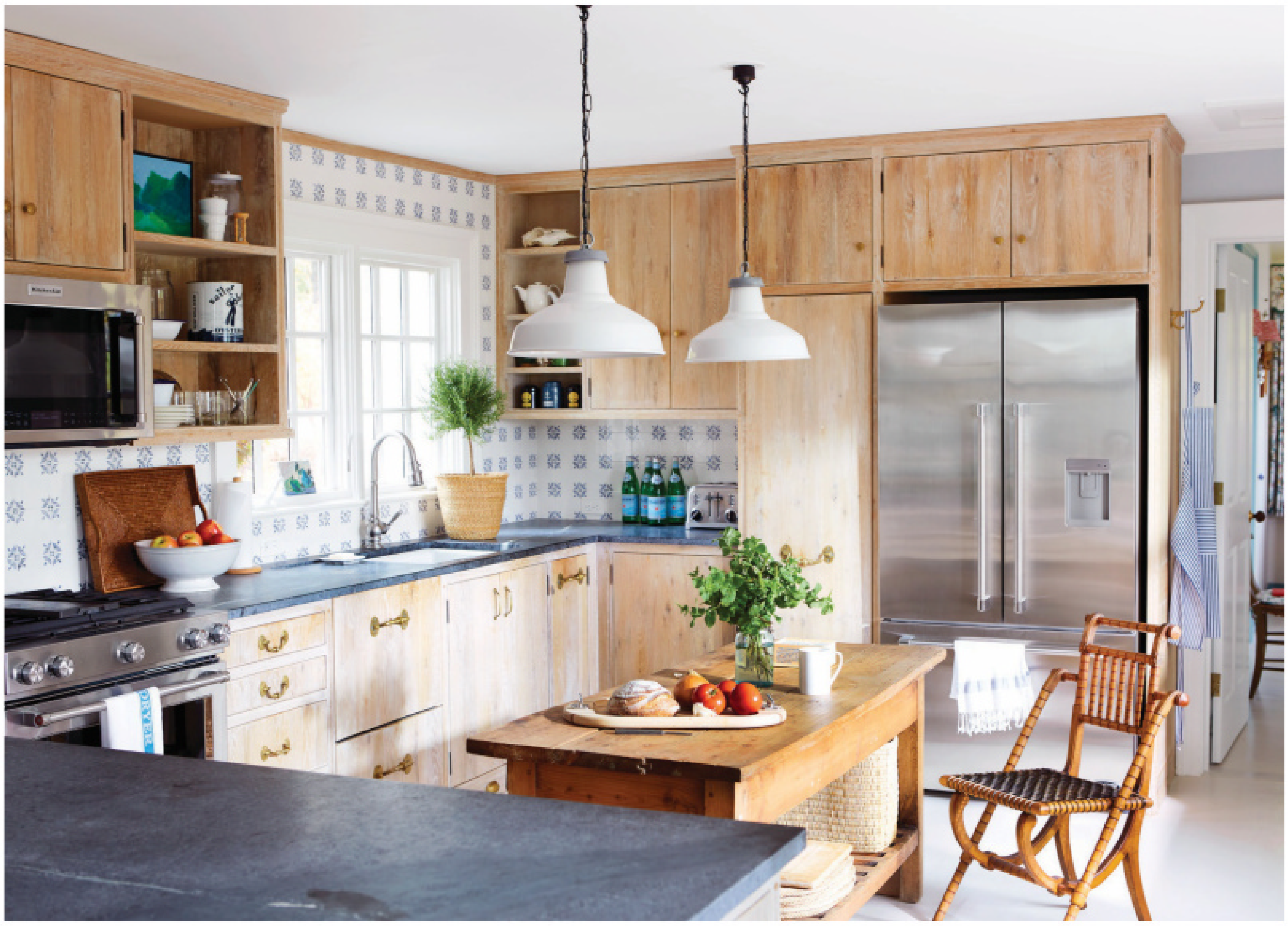


BARTENDING WITH A TWIST

An antique china cabinet Williams-Ellis found in London displays Spencer's vermouth-bottle collection, along with a full drinks setup. "A bar behind glass becomes all sparkle and fun," he says. French cafe chairs are a light touch, while curtains with a faded gingham pattern bring it all right back to its farmhouse roots.

HIGHLIGHT LOCAL FLAVOR

Kitchen cabinets, custom-made from a stockpile of salvaged fence boards, underscore the cottage's sense of place. Spencer added detail with hardware bought from Whitechapel *(whitechapel-ltd.com)*. The delft tile on the backsplash contrasts with countertops made of honed Virginia soapstone. "It's soft but indestructible, and I love its veining," Spencer says.



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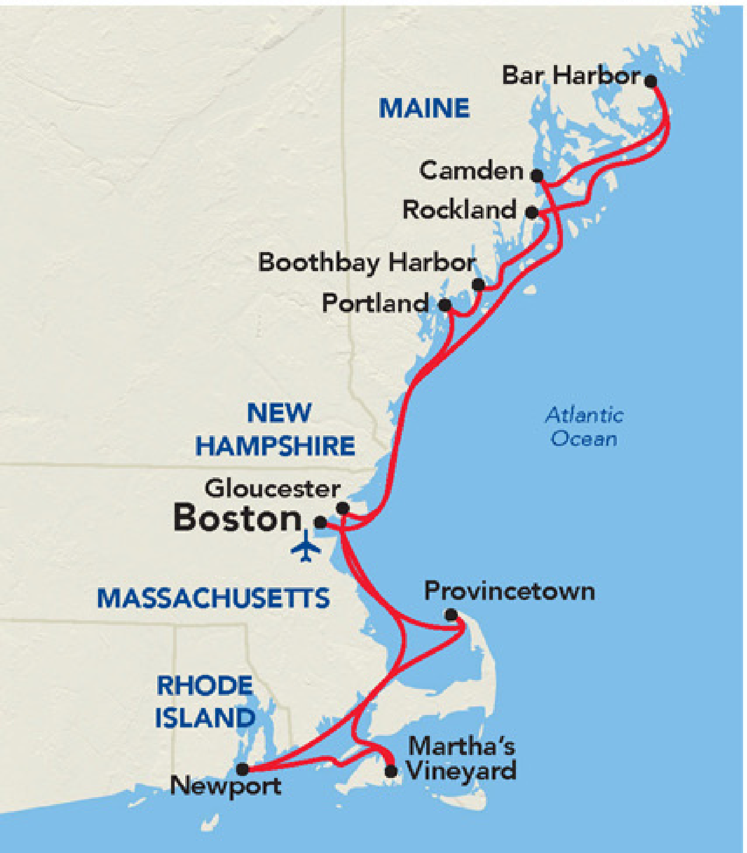
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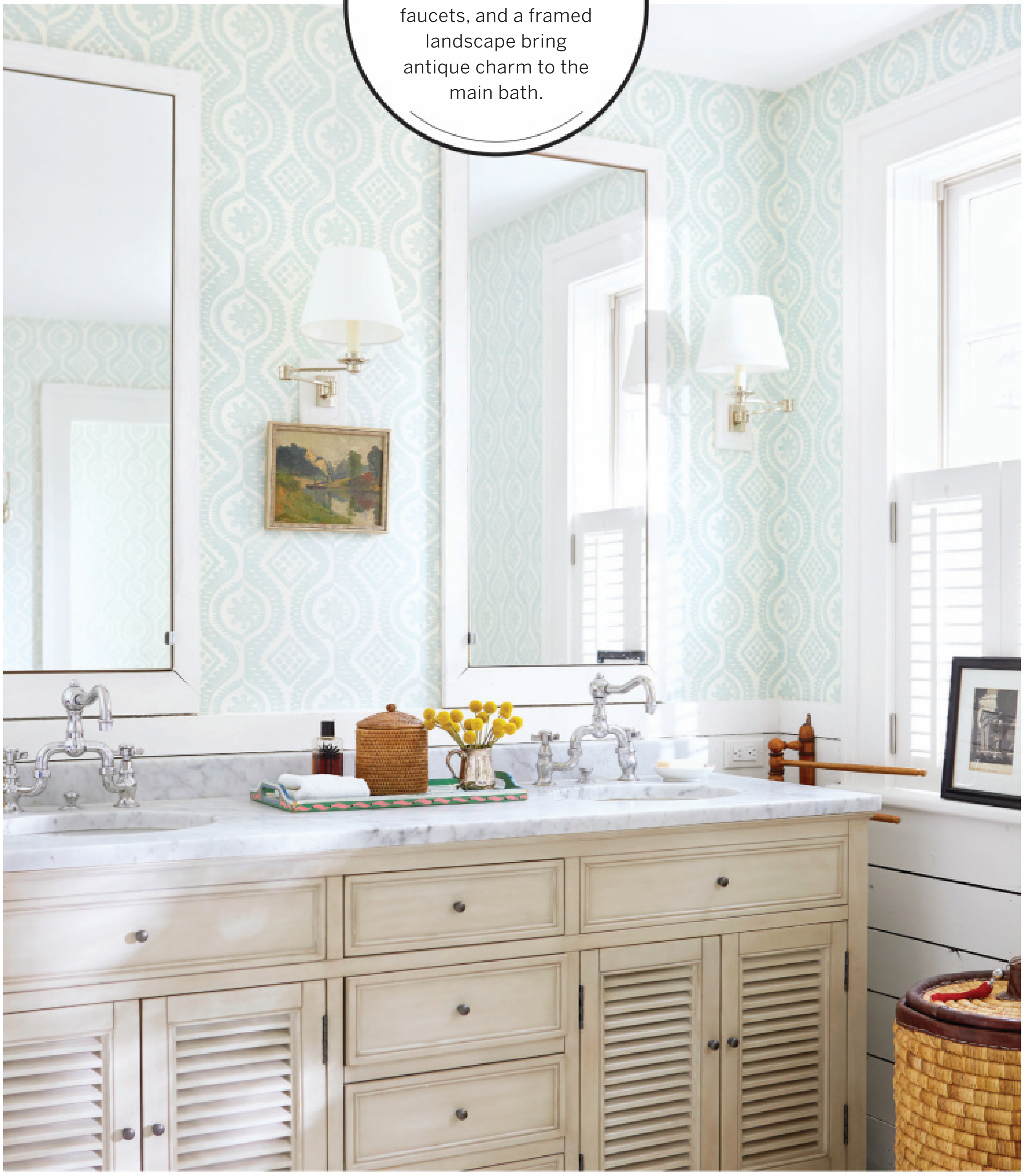
REVISIT CLASSICS

In the main bath, a vanity from Restoration Hardware is topped with mirrors framed in remilled salvaged fence boards, while Spencer chose a Peggy Angus damask wallpaper. “It’s an old-school pattern that adds depth but isn’t so in your face. It’s like looking at clouds,” he says.

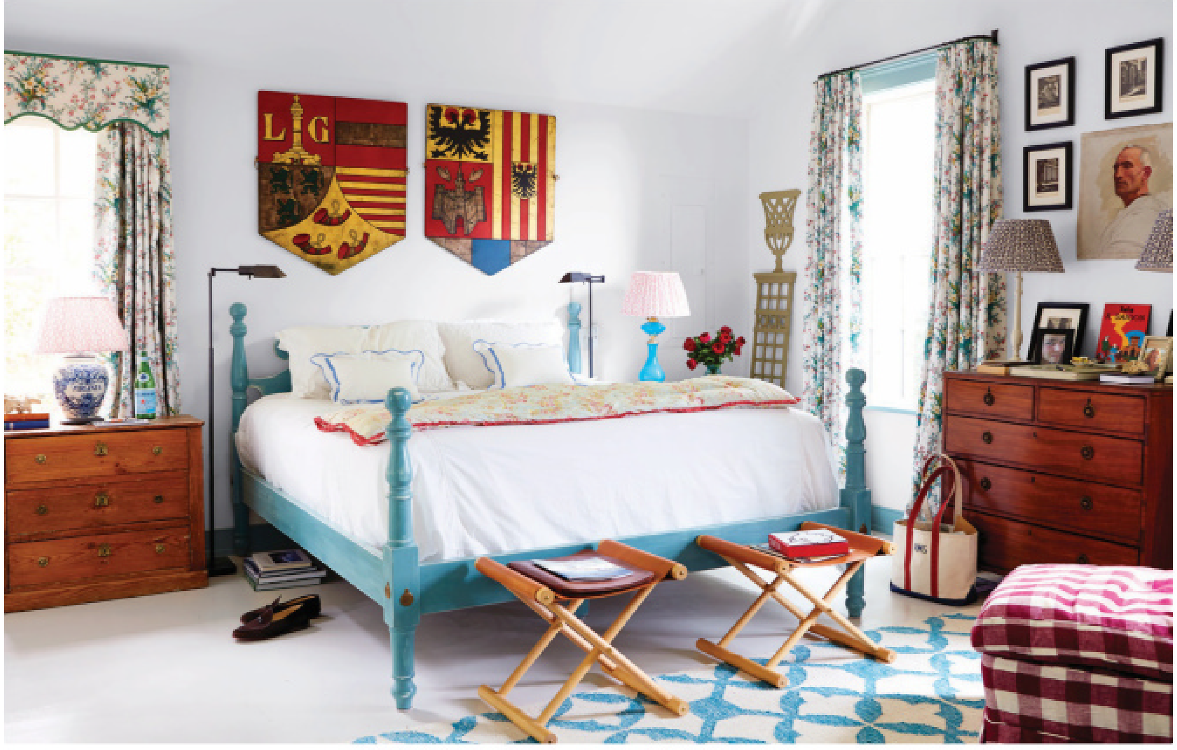


VINTAGE REVIVAL

A weathered wood vanity, Victorian-style faucets, and a framed landscape bring antique charm to the main bath.

LAYER WITH INTENTION

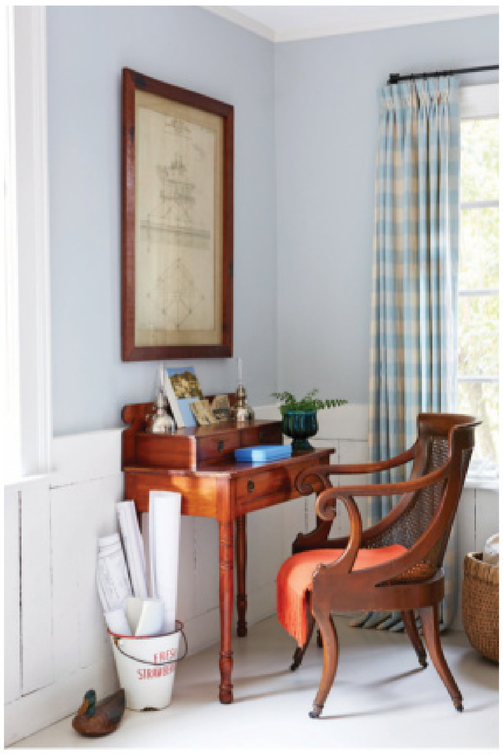
To compensate for low ceilings (under 8 feet) throughout the cottage, Spencer painted the oak floors white. “It reflects the light and makes things feel more spacious. A dark floor can be like a black hole,” he says. Antique coats of arms from European municipalities add color and old-world interest over the bed, while woodcuts of University of Virginia buildings surround a sketch above the dresser. “I love layering pieces of history and family lore that define a life,” Spencer says.



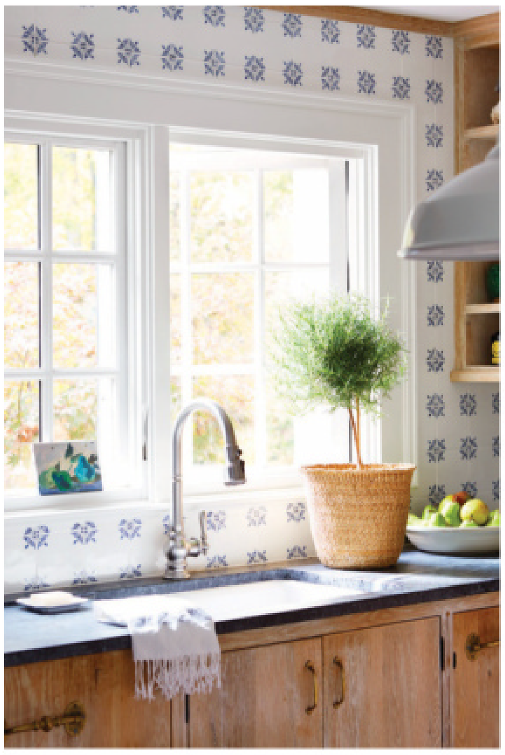
GET THE LOOK

Something Old, Something New

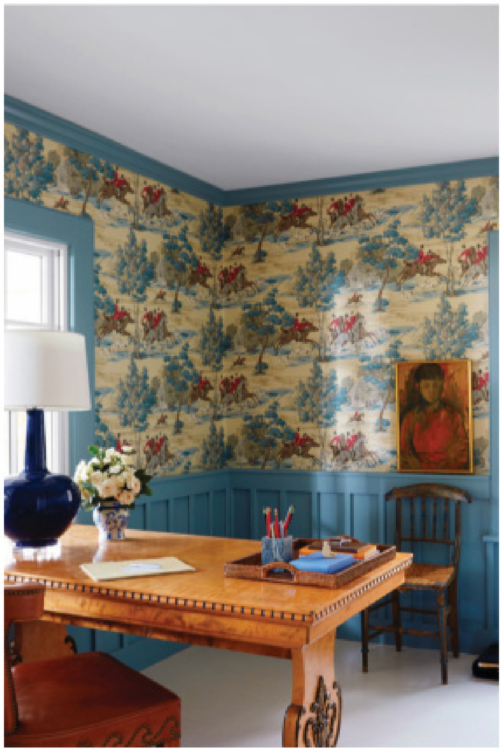
Spencer's secrets to giving a home well-worn character



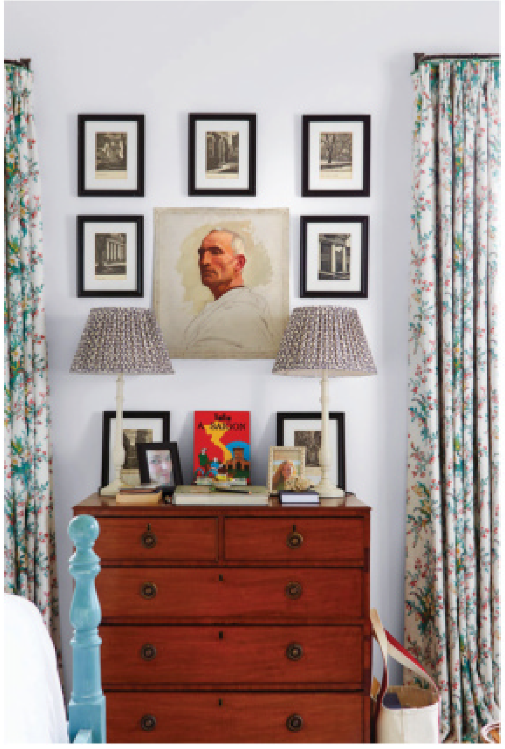
ANTIQUES ON A BUDGET
Spencer got this vintage scroll-top desk for $200.



MODERN TOUCH
Extending the backsplash to the ceiling gave this space a fresh look.



ALL IN THE TRIM
In the office, the blue wainscot tones down the bold vintage wallpaper.



MIX MASTER
A thumbtacked sketch and framed art give the display a collected feel. SL

SMART MOM
SMART CLEAN
POWERFULLY CLEAN
ARM & HAMMER
Clean&Simple
6 essential ingredients
SAFER CHOICE
Meets U.S. EPA Safer Product Standards
epa.gov/saferchoice
ARM & HAMMER
MORE POWER TO YOU™

New Clean & Simple.™
A powerful clean with 6 essential ingredients* that's safer for your family— all at a smart, low price.

*and water.

COME ON IN

“I knew I wanted an old home...”

Designer Ellen Godfrey updates a 1928 Birmingham bungalow with her cool California style

BY **GRACE HAYNES** | PHOTOGRAPHS BY **HECTOR MANUEL SANCHEZ**

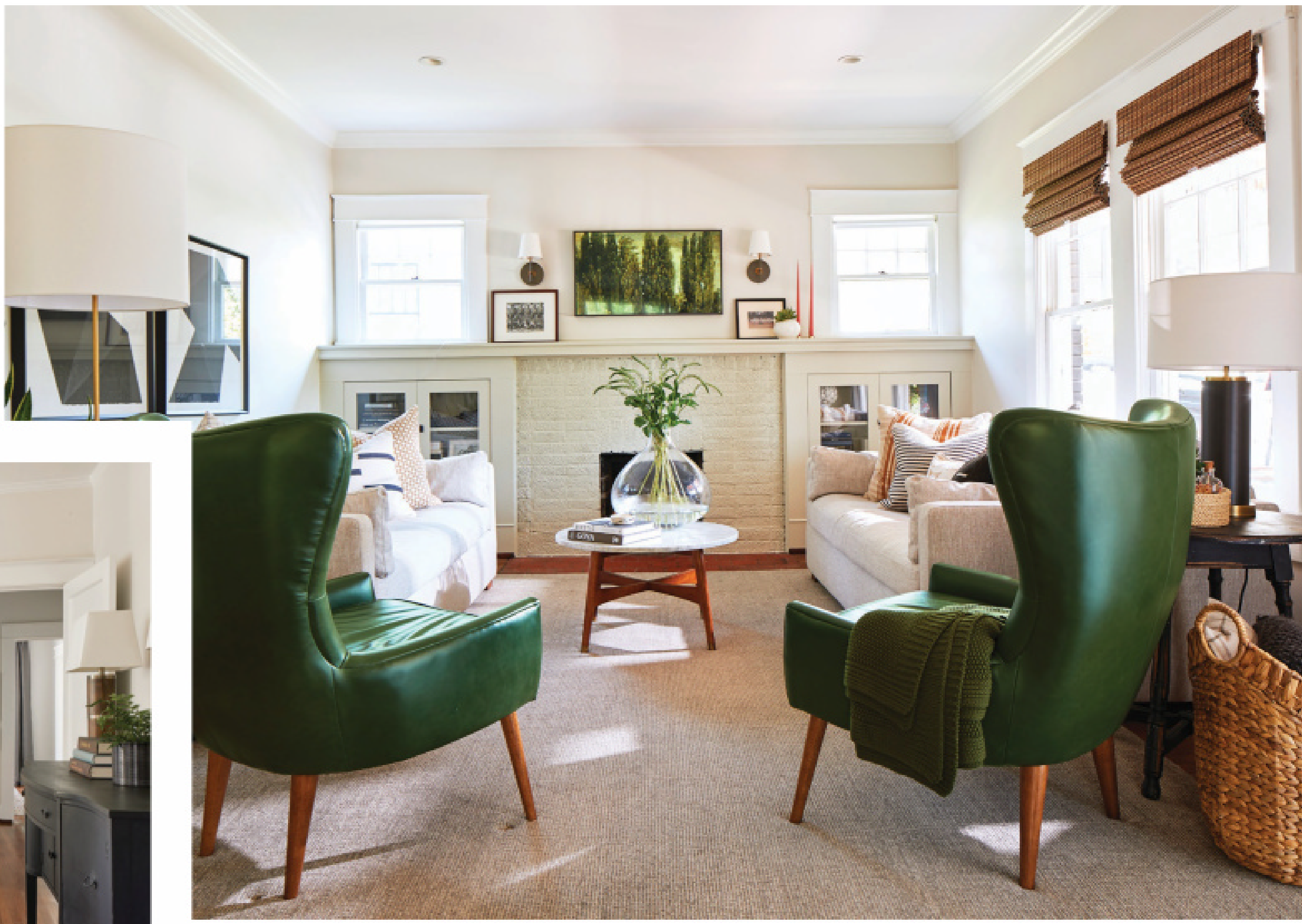
“WE THOUGHT THERE was no way we would ever move back to Birmingham,” says interior designer Ellen Godfrey, who’d been living in Los Angeles for more than eight years with her husband, Matt. Instead of returning to their hometown, they were looking for bigger Southern cities to put down roots with their daughter, Irene. A Birmingham friend convinced the Godfreys to tour a 1928 Craftsman-style house in his Crestwood neighborhood, and the

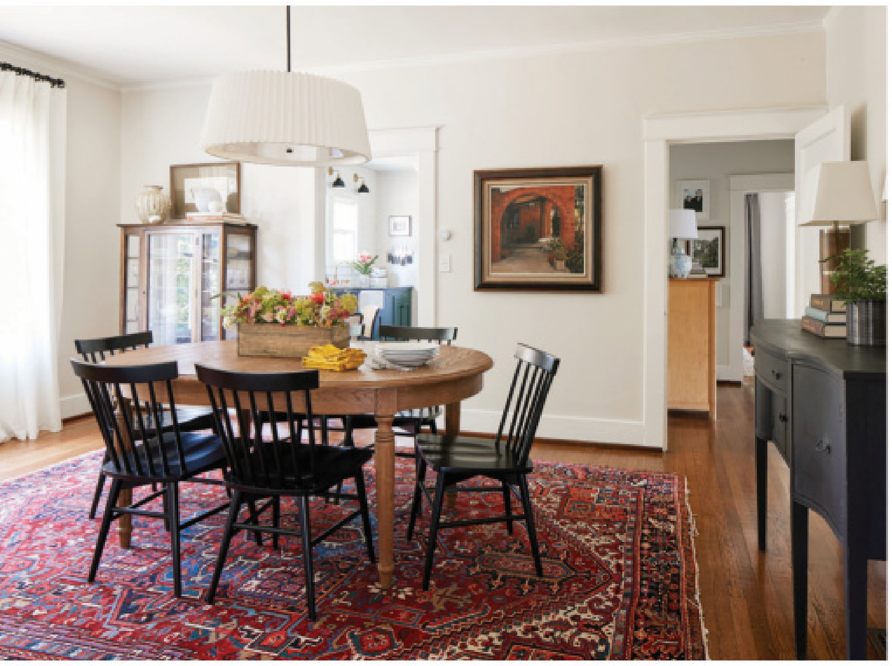
Breakfast Nook A marble-topped tulip table balances the traditional cabinets. A painting by Ellen’s father hangs above.

PERSONAL DESIGN

“I would call my look ‘new traditional.’ I appreciate classic architecture but like to add in modern pieces,” says Ellen.

STYLING: LYDIA PURSELL





Clockwise from above: The living room's original windows and glass cabinets add historic charm, while green leather chairs offer a modern touch. In the dining room, a large pleated shade from Rejuvenation and a rug Ellen got for a steal in California help fill the large space. Dark furnishings stand out against the white walls.

couple was sold on the welcoming, close-knit community. Ellen wanted to be hands-on with her first home. "We had lived in rentals in LA, and being an interior designer, I had wished I could rip out a kitchen or make an update but couldn't," she says. "I knew I wanted an old home, definitely a fixer-upper. I was looking for the kind of place that needed more aesthetic renovations than structural." The Godfreys balanced savvy splurges with plenty of smart saves to transform their 1,500-square-foot bungalow into a cozy spot ideal for entertaining.

Open House
"We removed the screens that previously closed in the porch. Now, it's another hangout space. We hung string lights and like to sit on the front sill for dinner most evenings. It's easy to pull around the Adirondack chairs when friends drop by for cocktails."

Location Matters
"The living spaces were created just over 90 years ago, so the original layout is not very conducive to a modern lifestyle. There's also not an official entry area, but there is a natural hallway that helps bring you into the house. Positioning furniture to one side of the hallway separates the living room (pictured above), so you don't walk directly into that space."

Fit for a Crowd
"Comfortably seating a lot of people when we entertain was one of my top priorities. The dining room's round table and the living room's long bench-cushion sofas from Interior Define (plus a pair of wing chairs) do the trick without anyone feeling crammed. Nothing is too precious in our home, and I want guests to feel like they can put their feet up on the sofa, not worry about using coasters, and relax."

Sentimental Statement
"I designed the dining room around a painting by my dad of my grandmother's patio in Guatemala (shown above left). It's one of the first things you see when walking in the house, so I knew I wanted to hang it on that wall."

Smart Storage
"There are only two closets in the house—and one of them is 2 feet wide. Any furniture with doors or drawers really works for us, like the dining room's antique black console and a glass hutch that belonged to my husband's great-grandmother."

Ellen's Paint Picks

EXTERIOR

Sherwin-Williams Black Magic (SW 6991)

LIVING ROOM AND DINING ROOM

Benjamin Moore Classic Gray (1548)

PLAYROOM

Benjamin Moore Simply White (OC-117)

KITCHEN CABINETS

Dunn-Edwards Black Spruce (DE6308)

Embrace Setbacks

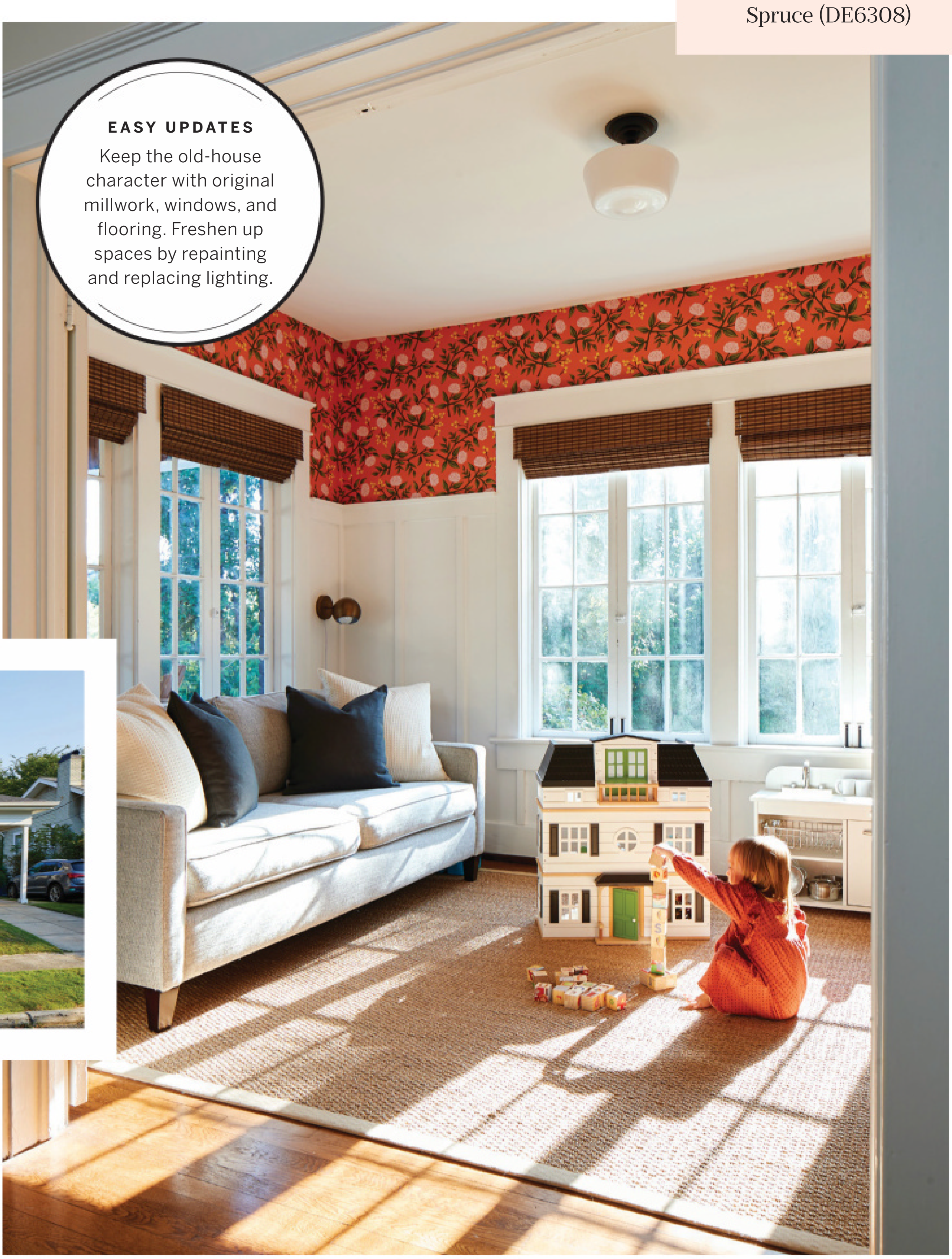
"My original idea to extend the cabinetry on both sides of the galley-style kitchen wasn't in the budget. Instead I installed a window seat with two huge drawers underneath (where I stash wrapping paper, ribbons, and my daughter's toys). I'm glad we had that limitation, because we use the breakfast nook all the time."

Balancing Act

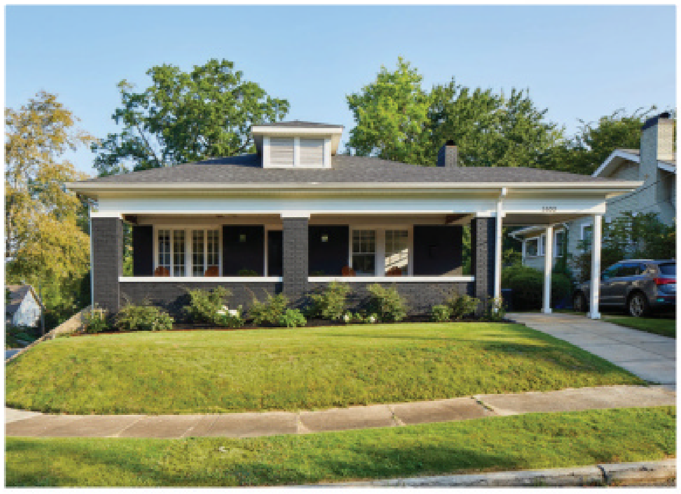
"Some of the biggest changes happened in the kitchen. We tore down a wall, refinished the floors, and added floor-to-ceiling Shaker cabinetry that's painted a rich dark green. Honed black granite countertops resemble soapstone but are more durable and less expensive. I balanced splurges with an affordable tile choice for the backsplash and a farmhouse sink from The Home Depot. A favorite find was the unlacquered gold faucet I scored in LA at an Emily Henderson warehouse sale before we moved here."

Creative Solutions

"Our daughter's playroom also functions as our guest room. The sofa pulls out into a queen-size bed, and the French doors close for privacy. The walls were originally dark brown, so we installed board-and-batten siding with a bold persimmon Rifle Paper Co. wallpaper above it." SL



EASY UPDATES Keep the old-house character with original millwork, windows, and flooring. Freshen up spaces by repainting and replacing lighting.



Curb Appeal "Most of my clients ask for bright white and prefer clean shades, but I wanted a dark, moody color story for my own home," says Ellen, who swathed the brick exterior in black.

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THE GRUMPY GARDENER

OUR GARDEN EXPERT ALLEVIATES YOUR GROWING PAINS

by
STEVE BENDER

GOING BANANAS

› I live in Northern Virginia. This summer, a neighbor gave me a banana tree. It has done fine, but I am concerned about its survival this winter. The neighbor told me to chop it down and bring the roots inside for winter. Our lawn guy says it will be okay in the ground. What is the right thing to do? –Sherry

» There is one species of cold-hardy banana, *Musa basjoo,* that will overwinter in your area, though you can't eat its fruit. Edible kinds will need winter protection. You could cut it down, leave the roots in the ground, mulch heavily over them, and cross your fingers. I'd play it safe by digging up the plant, cutting off the top, and storing the roots indoors in a plastic bag in a cool, dark place.

CUTTING REMARKS

› We have a white hydrangea that we prune to the ground every fall. My husband hates it because when it rains the following year, the blooms are so big and heavy they fall over. Suggestions? –Dreama

» I'll bet you have a hydrangea that blooms on new growth–'Annabelle' maybe? Stop cutting it to the ground! This creates weak stems and very big flowers too heavy for them to hold upright. Just trim off dead branches in early spring.

SPOTTY CREPE MYRTLE

› After blooming beautifully this summer, my crepe myrtle now has leaves that are curling and dropping. I sprayed it with neem oil about three weeks ago and see no evidence of bugs. What more can I do to save it here in southeast Texas? –Linda

» Nothing. My guess is that it had either mildew or leaf spot, but spraying it now won't make any difference. Letting leaves fall off won't affect blooming next year.

MONSTER 'MEYER' LEMON

› I bought and potted a 'Meyer' lemon tree in early May. In late June, I gave it some citrus tree fertilizer. It grew tremendously but never produced a single flower. Now it's time to

GRUMPY'S GRIPE OF THE MONTH

October is a great time for setting out hardy plants. Although it gets cool, it's also a dry month in the South, so you still have to water. I planted some beautiful Japanese beech ferns in my garden and watered them well. The next afternoon, they were uprooted and dying! Apparently, a rogue armadillo dug at the moist spot, searching for worms. Looks like the missus is getting an armadillo handbag.

DIG THAT

"Black holes are real. Armadillos make them!"

Ask the Grump! No question goes unanswered on his Facebook page: *facebook.com/slgrumpygardener.*

ILLUSTRATIONS: MICHAEL WITTE

bring the plant inside, but I'm not sure that it will fit through the door. Should I prune my tree? —Alice

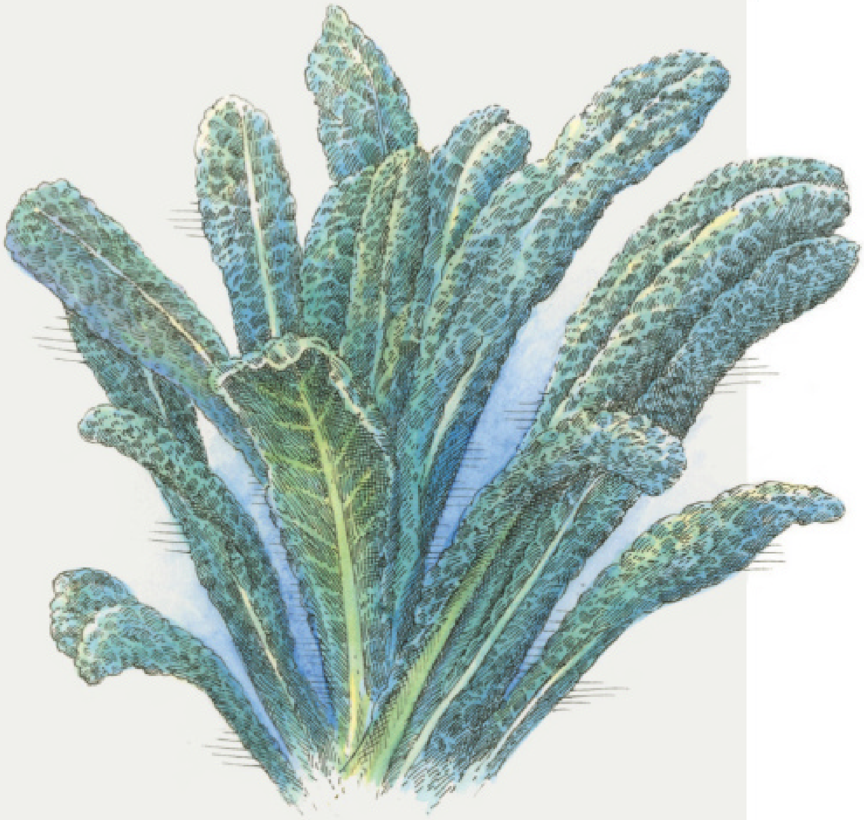
» It's either that or enlarge the door. Go ahead and do the necessary pruning. Your tree will eventually bloom, but it's been in a growth cycle instead of a flowering one. Give it the brightest light possible. Make sure the soil and pot drain well, as citrus trees are very sensitive to overwatering. Let the top inch of soil go dry before watering again, and avoid large fluctuations in temperature and light. Blooms will happen. SL

ILLUSTRATION: JOHN BURGOYNE

PLANT OF THE MONTH

Dinosaur Kale

Now's the perfect time to plant this nutritious blast from the past



I LOVE ALL KINDS OF KALE, but if I had to pick just one to grow, this would be it—the Italian heirloom selection 'Lacinato,' popularly dubbed "dinosaur kale." Like all kales, it's high in vitamins and antioxidants and mighty tasty after a frost. The bonus: bizarrely compelling blue-green foliage. Buy small plants from your garden center now. Set them out in full to partial sun. These cool-weather veggies will ride out winter, extending the harvest through next spring. —*Steve Bender*

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For certain adults with **newly diagnosed metastatic non-small cell lung cancer (NSCLC)** that **tests positive for PD-L1**

OPDIVO® (nivolumab) + **YERVOY®** (ipilimumab)

= A CHANCE FOR MORE SNUGGLY SUNDAYS

A Chance to Live Longer™

THE 1ST AND ONLY FDA-APPROVED **CHEMO-FREE COMBINATION** OF 2 IMMUNOTHERAPIES THAT WORKS DIFFERENTLY

In a study of newly diagnosed advanced NSCLC patients, half of those on OPDIVO + YERVOY were alive at 17.1 months versus 14.9 months on platinum-based chemotherapy.

Results may vary. OPDIVO® + YERVOY® is not approved for patients younger than 18 years of age.

Indication & Important Safety Information for OPDIVO (nivolumab) + YERVOY (ipilimumab)

Only your healthcare professional knows the specifics of your condition and how OPDIVO in combination with YERVOY may fit into your overall therapy. The information below does not take the place of talking with your healthcare professional, so talk to them if you have any questions.

What are OPDIVO and YERVOY?

OPDIVO and YERVOY are prescription medicines used to treat people with a type of advanced stage lung cancer called non-small cell lung cancer (NSCLC). OPDIVO may be used in combination with YERVOY as your first treatment for NSCLC when your lung cancer has spread to other parts of your body (metastatic), **and** your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO and YERVOY are safe and effective when used in children younger than 18 years of age.

What is the most important information I should know about OPDIVO and YERVOY?

OPDIVO and YERVOY are medicines that may treat certain cancers by working with your immune system. OPDIVO and YERVOY can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death and may happen anytime during treatment or even after your treatment has ended. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY.

YERVOY can cause serious side effects in many parts of your body which can lead to death. These problems may happen anytime during treatment with YERVOY or after you have completed treatment.

Call or see your healthcare provider right away if you develop any symptoms of the following problems or these symptoms get worse. Do not try to treat symptoms yourself.

- **Lung problems (pneumonitis).** Symptoms of pneumonitis may include: new or worsening cough; chest pain; shortness of breath
- **Intestinal problems (colitis) that can lead to tears or holes in your intestine.** Signs and symptoms of colitis may include: diarrhea (loose stools) or more bowel movements than usual; mucus or blood in your stools or dark, tarry, sticky stools; stomach-area (abdomen) pain or tenderness; you may or may not have fever
- **Liver problems (hepatitis) that can lead to liver failure.** Signs and symptoms of hepatitis may include: yellowing of your skin or the whites of your eyes; nausea or vomiting; pain on the right side of your stomach area (abdomen); drowsiness; dark urine (tea colored); bleeding or bruising more easily than normal; feeling less hungry than usual; decreased energy
- **Hormone gland problems (especially the thyroid, pituitary, and adrenal glands; and pancreas)**. Signs and symptoms that your hormone glands are not working properly may include: headaches that will not go away or unusual headaches; extreme tiredness or unusual sluggishness; weight gain or weight loss; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness; hair loss; feeling cold; constipation; voice gets deeper; excessive thirst or lots of urine
- **Kidney problems, including nephritis and kidney failure.** Signs of kidney problems may include: decrease in the amount of urine; blood in your urine; swelling in your ankles; loss of appetite
- **Skin problems.** Signs of these problems may include: skin rash with or without itching; itching; skin blistering or peeling; sores or ulcers in mouth or other mucous membranes
- **Inflammation of the brain (encephalitis)**. Signs and symptoms of encephalitis may include: headache; fever; tiredness or weakness; confusion; memory problems; sleepiness; seeing or hearing things that are not really there (hallucinations); seizures; stiff neck
- **Problems in other organs.** Signs of these problems may include: changes in eyesight; severe or persistent muscle or joint pains; severe muscle weakness; chest pain

Additional serious side effects observed during a separate study of YERVOY alone include:

- **Nerve problems that can lead to paralysis.** Symptoms of nerve problems may include: unusual weakness of legs, arms, or face; numbness or tingling in hands or feet

18+

WHAT IS
AVAXHOME?

AVAXHOME -

the biggest Internet portal, providing you various content: brand new books, trending movies, fresh magazines, hot games, recent software, latest music releases.

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Cheap constant access to piping hot media
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Talk to your doctor about OPDIVO + YERVOY

www.OPDIVOYERVOY.com 1-855-OPDIVOYERVOY

- **Eye problems.** Symptoms may include: blurry vision, double vision, or other vision problems; eye pain or redness

Get medical help immediately if you develop any of these symptoms or they get worse. It may keep these problems from becoming more serious. Your healthcare team will check you for side effects during treatment and may treat you with corticosteroid or hormone replacement medicines. If you have a serious side effect, your healthcare team may also need to delay or completely stop your treatment with OPDIVO and YERVOY.

What should I tell my healthcare provider before receiving OPDIVO and YERVOY? Before you receive OPDIVO and YERVOY, tell your healthcare provider if you: have immune system problems (autoimmune disease) such as Crohn's disease, ulcerative colitis, lupus, or sarcoidosis; have had an organ transplant; have lung or breathing problems; have liver problems; have any other medical conditions; are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby. **Females who are able to become pregnant:** Your healthcare provider should do a pregnancy test before you start receiving OPDIVO and YERVOY.

- You should use an effective method of birth control during and for at least 5 months after the last dose. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment. You or your healthcare provider should contact Bristol Myers Squibb at 1-800-721-5072 as soon as you become aware of the pregnancy.
- **Pregnancy Safety Surveillance Study:** Females who become pregnant during treatment with YERVOY are encouraged to enroll in a Pregnancy Safety Surveillance Study. The purpose of this study is to collect information about the health of you and your baby. You or your healthcare provider can enroll in the Pregnancy Safety Surveillance Study by calling 1-844-593-7869.

If you are breastfeeding or plan to breastfeed: It is not known if OPDIVO or YERVOY passes into your breast milk. **Do not** breastfeed during treatment and for 5 months after the last dose.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

What are the possible side effects of OPDIVO and YERVOY?

OPDIVO and YERVOY can cause serious side effects, including:

- **See "What is the most important information I should know about OPDIVO and YERVOY?"**
- **Severe infusion reactions.** Tell your doctor or nurse right away if you get these symptoms during an infusion of OPDIVO or YERVOY: chills or shaking; itching or rash; flushing; difficulty breathing; dizziness; fever; feeling like passing out

The most common side effects of OPDIVO when used in combination with YERVOY include: feeling tired; diarrhea; rash; itching; nausea; pain in muscles, bones, and joints; fever; cough; decreased appetite; vomiting; stomach-area (abdominal) pain; shortness of breath; upper respiratory tract infection; headache; low thyroid hormone levels (hypothyroidism); decreased weight; dizziness.

These are not all the possible side effects of OPDIVO and YERVOY. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

OPDIVO (10 mg/mL) and YERVOY (5 mg/mL) are injections for intravenous (IV) use.

This is a brief summary of the most important information about OPDIVO and YERVOY. For more information, talk with your healthcare provider, call 1-855-673-4861, or go to www.OPDIVO.com.

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HOME SCHOOL

LESSONS IN SOUTHERN DECORATING

Household Hero Don't relegate those dryer sheets to *just* the laundry room. Their antistatic properties also make them magnets for dust and pet hair, so they can refresh things like furniture and TV screens along with your linens.

GET ORGANIZED

The Dream of an Efficient Laundry Room

Small-space guru Laura Fenton, author of The Little Book of Living Small, *shares tips for maximizing function*

1

STREAMLINE SUPPLIES

Use precious cabinet space well by paring down to the necessities. Commit to one detergent that does it all, and limit extra items (such as stain removers or scent boosters) to those you frequently use.

2

CONSIDER BUILT-INS

Create permanent homes for tools that you need often. Install a closet rod for air-drying clothes, and don't discount the wall-mounted ironing board—a retro feature well overdue for a revival.

3

USE EVERY INCH

Tight spaces demand utilizing each square foot. Max out overhead space with cabinets that extend to the ceiling. Give your washer and dryer a lift by setting them on pedestals with drawers for extra storage.

4

LIGHTEN IT UP

Give your laundry room personality with warm, bright lighting; bold wallpaper; or framed artwork. Bringing playful decoration to this oft-neglected space transforms it into a cheerful spot for chores.

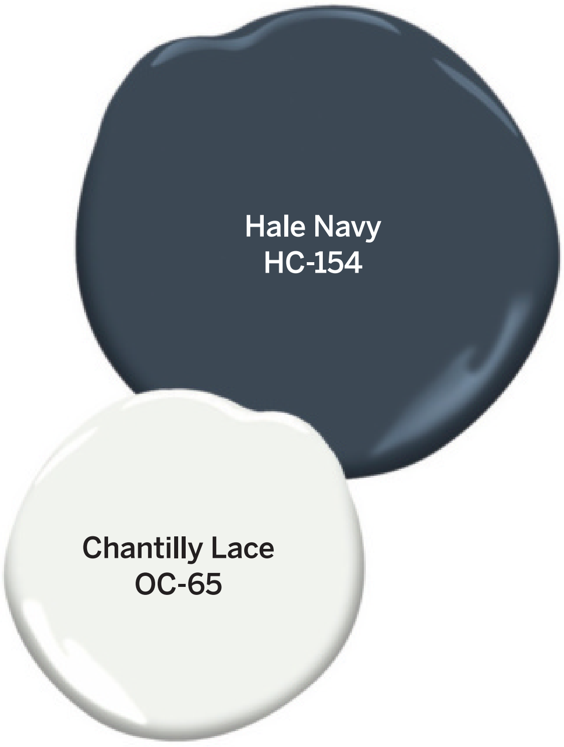
IN THE DETAILS "Keep a catchall dish in the laundry room to corral spare change or other odds and ends pulled out of pockets," says Fenton.

ASK AN EXPERT

Kitchen Refresh Without a Reno

Hannah Yeo, color marketing and development manager for Benjamin Moore, shares her favorite trick

Southerners recognize the transformative powers of paint. If you are looking to update your kitchen but don't have time to tackle all four walls, Yeo suggests repainting the cabinets. For a classic choice, try Benjamin Moore's Chantilly Lace (OC-65). For a more dramatic appearance, go with a deeper shade like their Hale Navy (HC-154). SL



SMART BUY

Clean Like the Jetsons

Tidying up just got easier. The iRobot Braava Jet M6 sweeps and mops floors until they sparkle

iRobot Braava Jet M6, $500; *irobot.com*

CLOCKWISE FROM TOP RIGHT: ERICA GEORGE DINES;
COURTESY IROBOT; COURTESY BENJAMIN MOORE

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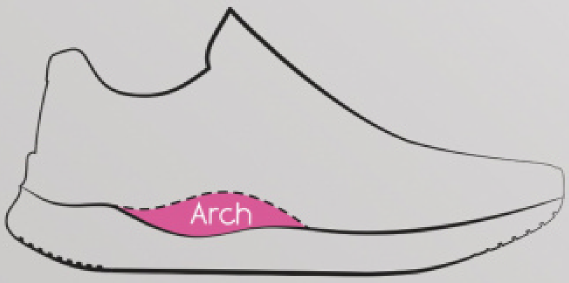


APPAREL & FOOTWEAR BY SKECHERS

CONTAINER OF THE MONTH

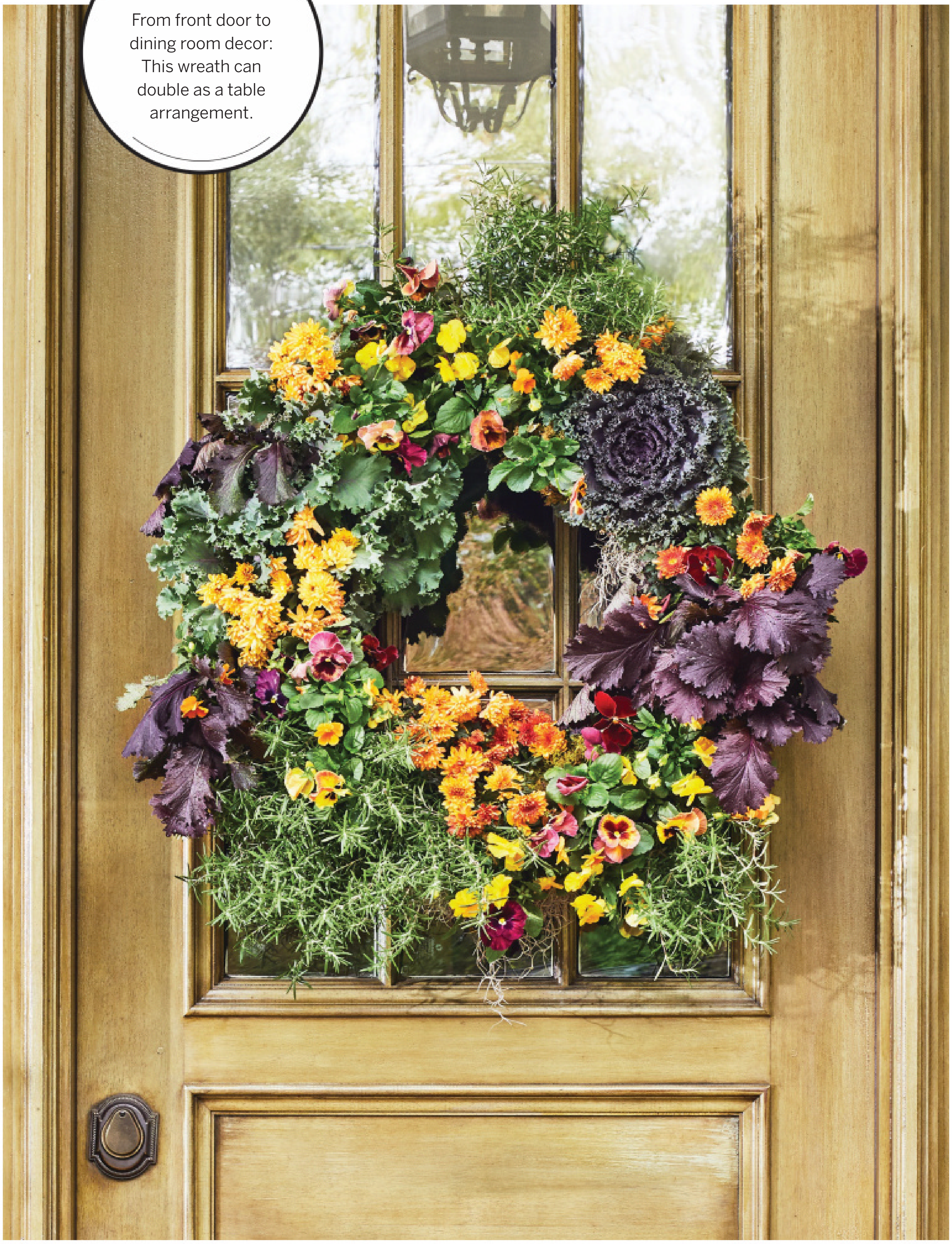
Season's Greetings

Forget faux! Hang a fresh fall wreath to welcome guests

BY **GRACE HAYNES** | PRODUCED BY **MARK THOMPSON**

BRING IT INSIDE

From front door to dining room decor: This wreath can double as a table arrangement.



MAKE a memorable first impression by choosing a live wreath packed with beautiful flowers, fresh foliage, and vibrant autumn colors. Start by buying a form and liner that you can use every season. (We like the Large 24" Living Wreath Form with Jute Liner, $26; *kinsmangarden.com*.) At the end of winter, replant with spring annuals.

Put It Together

To assemble, place the jute liner (plastic side up) in the wreath form. Fill partially with potting soil, leaving enough room for adding plants. Cover with the second jute piece, and clip wire frame into place. Snip holes in the liner for plants.

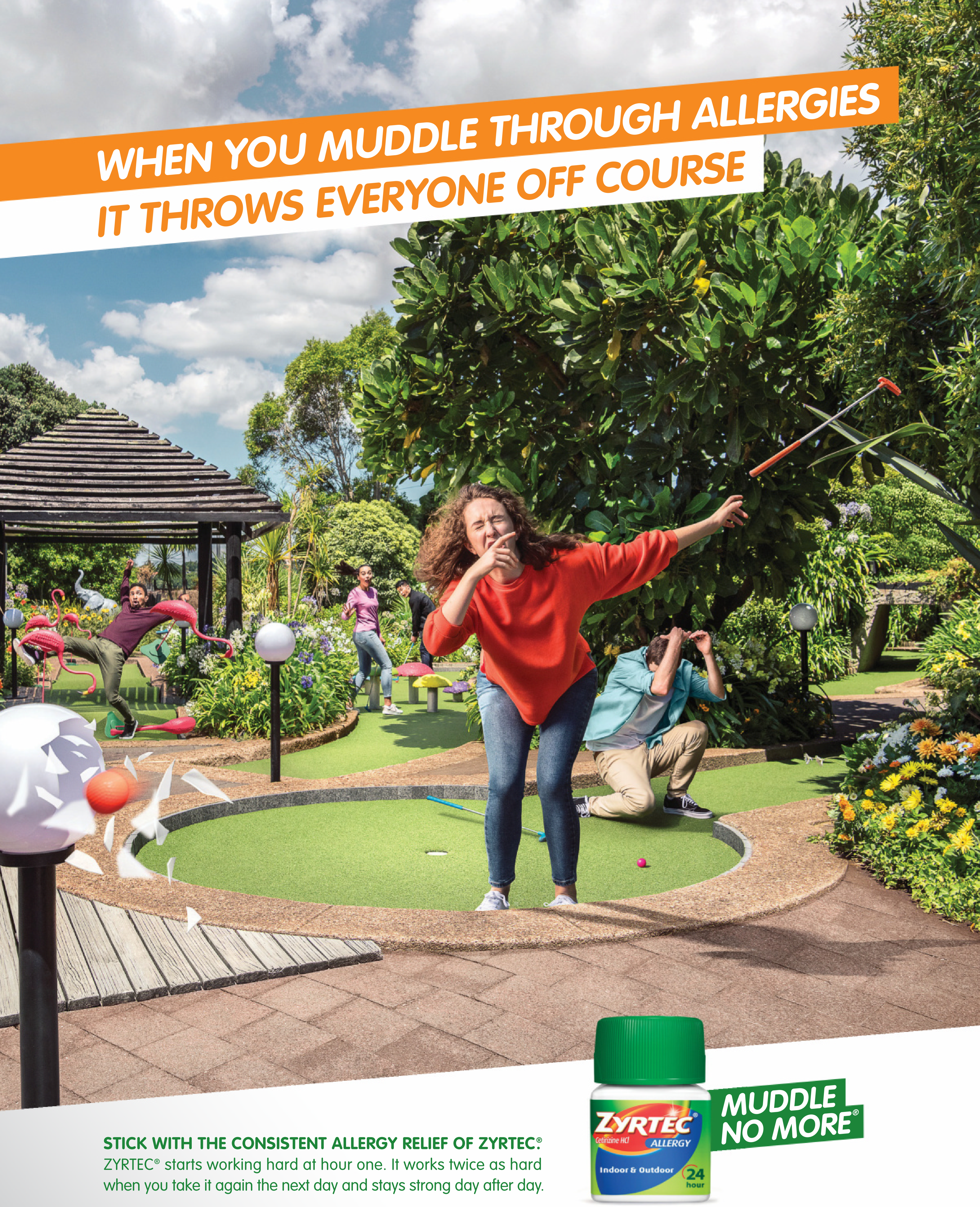
Handpicked Bounty

Add the flowering kale, 'Prostrate' rosemary, 'Miz America' mustard, Delta Premium 'Persian Medley' pansies, yellow and orange violas, and mums.

Make It Last

Smaller flowers and foliage are easier to plant. They'll grow into the wreath and last through the season. Lay it on the ground to water; let drain before rehanging. SL

ROBBIE CAPONETTO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These four-legged social media stars will surely steal hearts.
Show us your favorite furry friends by using the hashtag #SLPets on Instagram

FEARLESS FELINE

Kazuki

CHARLOTTE, NORTH CAROLINA

INSTAGRAM:
@kazuki_the_bengal

BREED:
Bengal

AGE:
3 years

CALL OF THE WILD

This leash-trained cat has visited 39 national parks, 40 states, and 2 countries (and counting). Kazuki's preferred playground is the outdoors. "He loves exploring new places, especially if they're isolated and have lots of leaves, trees, and rocks," says his owner.

TOP SOUTHERN SPOTS

Kazuki loves Grayson Highlands State Park in Virginia and Congaree National Park and Kings Mountain State Park in South Carolina. "He likes weekend trips to the mountains and sticks his head out the window as we drive along the Blue Ridge Parkway," his owner says.

INTREPID EXPLORER

Annie Mae

CONWAY, ARKANSAS

INSTAGRAM:
@lifewithanniemae

BREED:
Irish setter

AGE:
2 years

OUT AND ABOUT IN ARKANSAS

You'll likely find Annie Mae romping around state parks like Woolly Hollow (for swims), Petit Jean (for hikes), and Mount Nebo (for stunning views). When on an outing with owners Mallory Anderson and Will Church, Annie Mae prefers splashing around in Beaverfork Lake Park and then swinging by the Chick-fil-A drive-through. "You just look at Annie Mae and know she's a happy dog," says Anderson.

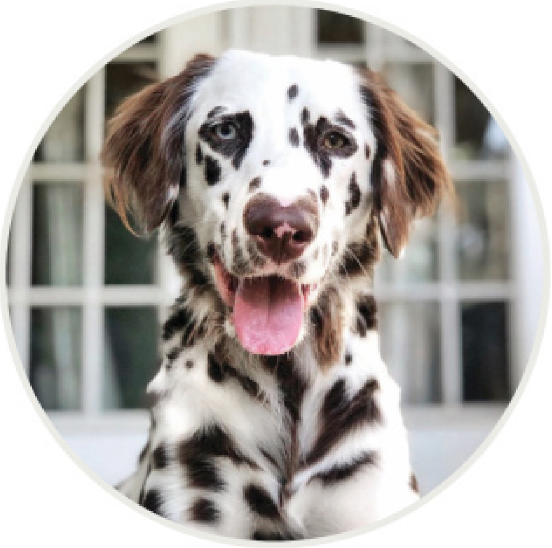
SISTER, SISTER

Thanks to Instagram, Annie Mae's owners were able to connect with some of her littermates.

LIFE OF THE PARTY

Buckley

HOUSTON, TEXAS



INSTAGRAM:
@buckley_the_dalmatian

BREED:
Long-coated Dalmatian

AGE:
1 year

HAPPY-GO-LUCKY PUPPY

"Buckley is a goofy dog. He's a typical Dalmatian who wiggles from head to toe and loves to 'dance,' as we call it, where he walks around on his hind legs," says owner Amanda Shaw.

BEAUTY MARKS

He was born with a few unique features. "Buckley has one blue eye and one green eye and also has a spot on his nose that's shaped like a heart," says Shaw.

FAMILY MATTERS

This spotted dog is the youngest of five pet siblings (follow their fun on Instagram, @_thefuramigos_).

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TOP MODEL

Lucy

BATON ROUGE, LOUISIANA

INSTAGRAM:
@lucy_the_mermutt

BREED:
Golden retriever

AGE:
8 years

CELEBRITY NAMESAKE

An iconic actress inspired this golden retriever's name: Lucille Ball. "*I Love Lucy* is one of my favorite shows. The name was a perfect fit. Lucy is stubborn, is a redhead, and is always making us laugh!" says owner Claire Williams.

STAR SWIMMER

Lucy's favorite place to play is the pool. "Her love of water started when a golf ball rolled into the pool and sunk to the bottom. Lucy was just learning to get her feet wet but was determined to retrieve it," says Williams. After rescuing that ball, this dog became a fearless swimmer.

CLAIM TO FAME

"In 2017, Apple used one of my underwater pictures for their 'Shot on iPhone' campaign. Lucy was on billboards around the world—from New York to London and Bangkok. She's been to more countries than I have!" Williams says.

MR. CONGENIALITY

Rukus

WASHINGTON, D.C.

INSTAGRAM:
@rukusthebulldog

BREED:
English bulldog

AGE:
7 years

CONSTANT COMPANION

Owners Jackie Turvey and Keith Thornburg say that Rukus is the epitome of a stubborn bulldog—in all the best ways. "He is steadfastly loyal and persistently playful," Turvey says.

LOVABLE LOCAL

Find him exploring D.C. with his 5-year-old pet sister, Regina (also an English bulldog). "Rukus loves walking down to the National Mall and interacting with tourists visiting the museums and monuments. He's been known to lie frog style (belly on the ground and legs splayed out) in the middle of the sidewalk when large groups of kids are walking by so they can all feel comfortable petting him," says Turvey.

NUMBER ONE FAN

Rukus dresses to impress in athletic jerseys repping all his favorite local sports teams, like the Washington Capitals and the Washington Nationals.

GENTLE GIANT

Sully

SAVANNAH, GEORGIA

INSTAGRAM:
@thesavannahwolfhound

BREED:
Irish wolfhound

AGE:
11 months

BIG AND TALL

The American Kennel Club's tallest breed is the Irish wolfhound. These puppies grow at an exceptional rate compared to others. "In the first four months we had him, Sully gained 10 inches in height and 70 pounds in weight," says owner Caitlin Condon. "Sully is still a puppy, so he can be very goofy at times—like running around the yard in circles or throwing his toys in the air and trying to catch them. He's just so excited to live life."

DOWNTOWN DOG

"Sully and I go on long walks around Savannah and enjoy the scenery (and the smells). We live in the East Victorian district, which is filled with beautiful old houses. He especially loves meeting new people, so a tourist town is a great place to be!" says Condon. "Sully's favorite places to walk are Forsyth Park, Bonaventure Cemetery, and the downtown historic district." SL

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MERLE NORMAN
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Carmeon's airy home office doubles as a place for easy entertaining.

IN HER SHOES

Inspired by Memphis

Interior designer **Carmeon Hamilton's** style is vibrant and layered, just like her Tennessee home

BY **BETSY CRIBB**
PHOTOGRAPHS BY **ROBBIE CAPONETTO**

advertisement

Meet
MaryAnn Weigel,
mother of
Southern Living's
Senior Editor

Self-Care *for* Aging Hair

AT 62, MARYANN WEIGEL, THE MOTHER OF *SOUTHERN LIVING'S* SENIOR EDITOR, PATRICIA SHANNON, IS ACTIVE AND TAKES PRIDE IN CARING FOR HERSELF, FROM THE FOOD SHE EATS TO THE PRODUCTS SHE USES ON HER HAIR. HERE, SHE DESCRIBES HOW HAIR BIOLOGY HELPED TO IMPROVE BOTH HER HAIR'S VITALITY AND HER CONFIDENCE.

I've always been complimented on my thick hair. Though I like to think I'm getting better with age, I noticed some gradual changes once I turned 60. My strands weren't as bouncy or shiny as they used to be, and they had become noticeably thinner around my temples. I embraced my hair as it turned grey and tried to let it grow out, but ultimately, I didn't like the look or the coarse texture that came with it.

I like to use hair products that are wholesome, nourishing, and free from harmful chemicals, though it had become increasingly difficult to find options for my aging hair. I was excited to see what a line of products like Hair Biology could do for me. I was ready to stop worrying about thin spots around my face and start styling my hair in all the cute ways I'd imagined.

After shampooing and conditioning, I sprayed Hair Biology's color-safe Thickening Treatment on the roots of my towel-dried hair. The unique formula contains caffeine and biotin, which work to thicken each strand and give hair follicles a boost. Next, I applied the Argan Oil Taming Serum, which absorbed instantly for a smooth and shiny finish. I was pleasantly surprised to see how well my hair cooperated while styling. Once finished, it was shiny and voluminous. With Hair Biology, I'm looking forward to seeing a continued improvement in my hair's volume and texture, and I feel ready to take on a beautiful new chapter of my life.

HB
hair biology
thickening treatment
INSTANTLY THICKENS FOR FULLER-LOOKING HAIR
HB
hair biology
argan oil taming serum
NOURISHES TO SOFTEN & CONTROL FRIZZ

> "I was looking for a product to help increase my hair's thickness and add shine while maintaining my color."

HB

hair biology

Available at

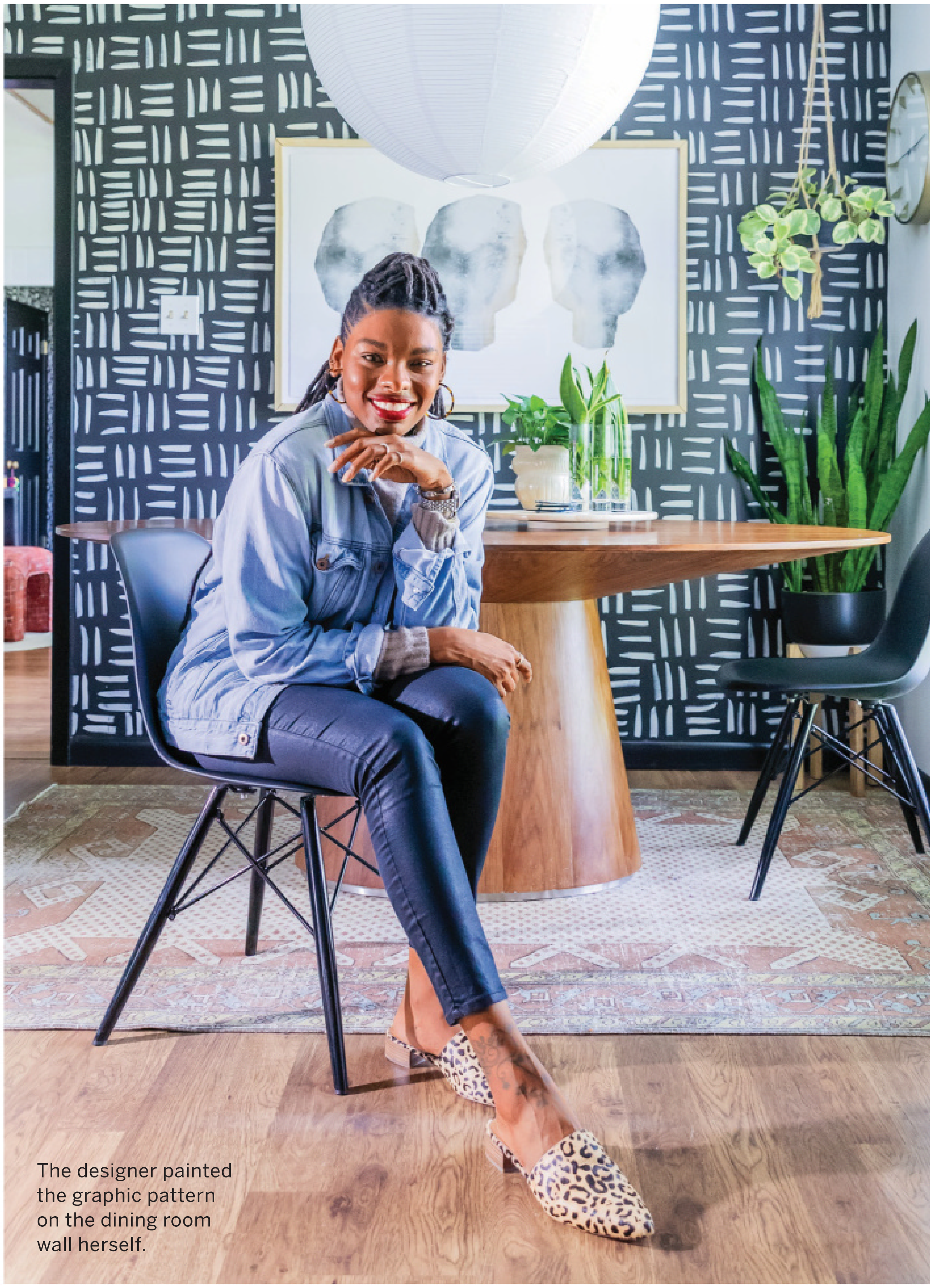
HB
hair biology
Bolder not older.
HB
hair biology
thickening treatment
INSTANTLY THICKENS FOR FULLER-LOOKING HAIR.

Hair changes as you get older.
It's not in your head...*it's biology.*

Introducing HB Thickening Treatment. It instantly thickens each strand while fighting breakage for fuller, thicker looking hair.

PERSONAL MANTRA

"EVERY DAY IS AN OPPORTUNITY TO LOVE THE WAY YOU LIVE."



The designer painted the graphic pattern on the dining room wall herself.

ONE PEEK INTO Carmeon Hamilton's Memphis home, and it's clear that an interior designer lives here. From the sculptural lighting in the office to the hand-painted dining room wall, every immaculate detail has been thoughtfully chosen—and not just for appearances. "For me, it's a matter of wellness," says Carmeon. "I want my home to always be a place that feels and looks good because I feel better in spaces that look better." Function also matters, she notes, especially as the novel coronavirus has required her family, like so many others, to spend more time at home than ever before. "Lately, it's been even more important for every space to function the way it should," says Carmeon. "Self-care and wellness are major buzzwords right now, but I've known for a really long time how my physical environments affect my mental state and well-being. I believe beauty has one of the biggest effects on a space when you're trying to combat chaos." Here, the blogger and designer behind Nubi Interiors (@carmeon.hamilton) talks decorating inspirations, her mom's best advice, and how living in Memphis has influenced her style.

Decorating Muses

"I am totally inspired by nature. I love the effects that it has on our well-being. I make sure that those elements are repeated indoors through natural light, plants, and good air quality. But for me, true design inspiration comes from hospitality spaces—hotels, restaurants, and all those places that have to impress you from the moment you walk through the door so you come in and spend your money and time there. I love the lounge and lobby areas of hotels. They help people see how you can break up your own living spaces and create conversation zones."

CARMEON'S QUICK PICKS

Garden-Fresh Flowers or Sturdy Succulents / Bold Blazer or Cozy Sweater
Happy Hour at Home or Cocktails Out / Early Bird or Night Owl
Instagram or Pinterest / Textured Rug or Statement Pillows
Beale Street or Memphis Botanic Garden / Smart Loafers or Easy Mules

Classic Pieces Everybody Needs

"A white button-up shirt is a must, and a great-fitting pair of jeans. It doesn't matter what style: They can be skinny jeans, mom jeans, boyfriend jeans, straight jeans—just a good pair. A unique blazer that fits perfectly and shoes that are comfortable and go with everything are key too. I really love wearing loafers and mules. You can dress them up or down no matter what the occasion."

Beauty Products I Swear By

"I use Bolden, a skin-care line created by women of color to help melanated skin with the issues that we have the most, which are usually discoloration and hyperpigmentation. I've had amazing results from this particular line and use their entire system. There's also another product that I love called Cure Natural Aqua Gel. It's an exfoliator in gel form without beads or abrasiveness, but that stuff is a miracle worker. I order it from Amazon. I don't wear a ton of makeup, especially nowadays. My beauty routine is super simple anyway, just powder and concealer."

WALKING IN MEMPHIS

Carmeon's favorite stops in the city

1. 17 Berkshire
2. Crosstown Concourse
3. Saddle Creek
4. Nail Bar & Company
5. Overton Square
6. CrazyBeautiful
7. City & State
8. Arrive Memphis
9. Hu. Hotel

Words To Remember

"My mom is no longer with us, as she passed away from breast cancer nine years ago, but the thing I remember her saying the most is, 'No matter what you choose to be, go for it. And don't just go for it; be the best at it. Do it wholeheartedly, and you will always know at the end if it was for you.' That is how I treat everything that I do."

Why I'm Proud To Call Memphis Home

"There are so many things I love about it—the soulfulness of this city, the culture, the food, the art scene. There's so much pride in the people who live in Memphis, and you really get that sense in all the businesses you frequent, the parks you go to, and any public event that happens here. The community cares a lot about this place, and it shows."

How the City Has Shaped Me

"Of course, I knew that Martin Luther King Jr. was assassinated here. But living in Memphis—being able to go to the National Civil Rights Museum and understand what he was doing here, what this place was like while he was alive—gave me a total awakening and appreciation for the Black experience. In a city where the population is more than 60% African American, I've been able for the first time to connect with my heritage as a Black woman and all of these elements of my culture that I knew nothing about before moving here... That has become priceless." SL

@carmeon.hamilton INSTAGRAM STYLE

Carmeon's signature outfit staple, a standout blazer

An Oxford, Mississippi, project with bursts of color

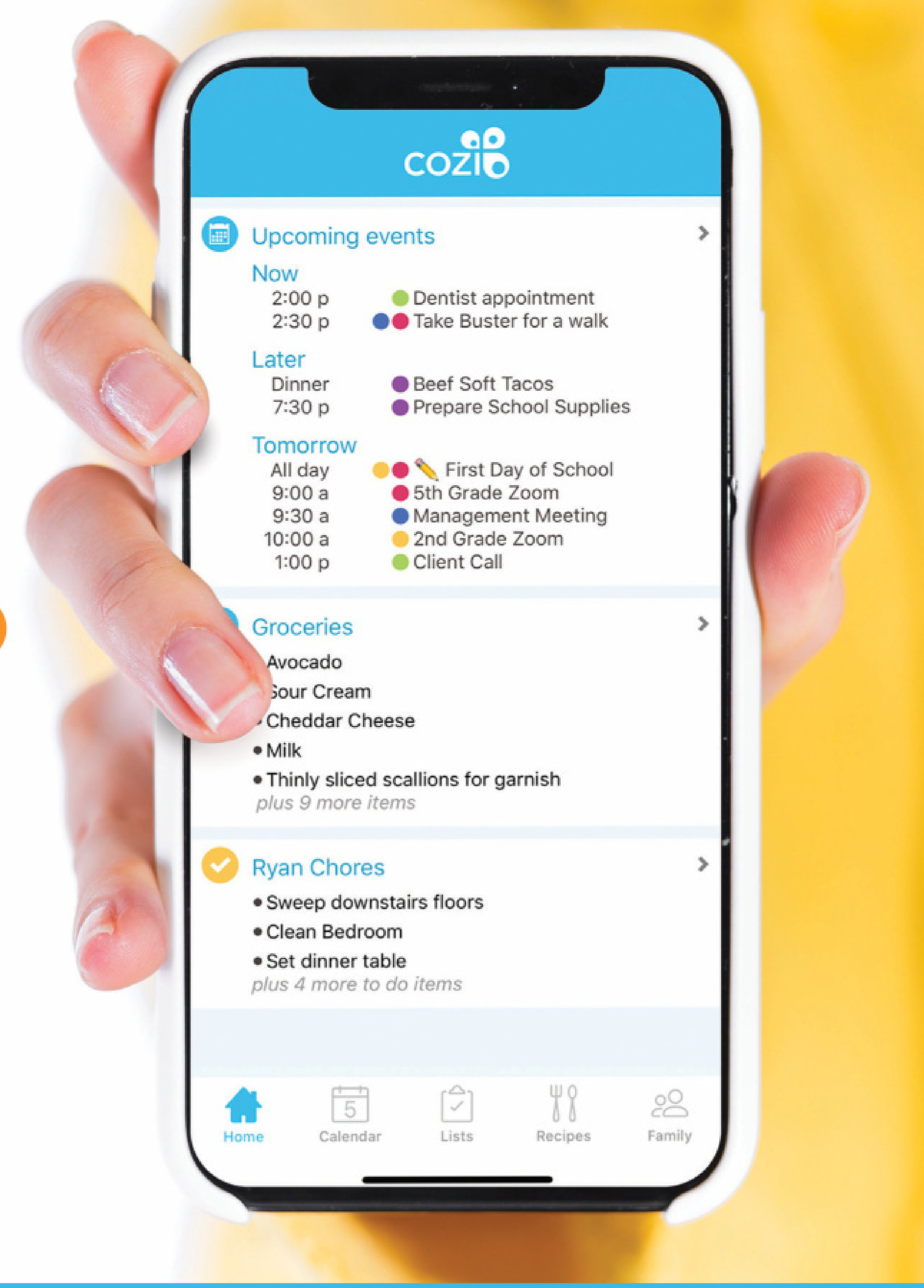
Forever favorites: a white button-down and jeans

A modern mix on the shelves in her Memphis home

INSTAGRAM PHOTOS: KIM THOMAS @KPFUSION

cozi Family Organizer

The best app for the new school year



Upcoming events

Now
2:00 p ● Dentist appointment
2:30 p ●● Take Buster for a walk

Later
Dinner ● Beef Soft Tacos
7:30 p ● Prepare School Supplies

Tomorrow
All day ●● ✏ First Day of School
9:00 a ● 5th Grade Zoom
9:30 a ● Management Meeting
10:00 a ● 2nd Grade Zoom
1:00 p ● Client Call

Groceries
- Avocado
- Sour Cream
- Cheddar Cheese
- Milk
- Thinly sliced scallions for garnish

plus 9 more items

Ryan Chores
- Sweep downstairs floors
- Clean Bedroom
- Set dinner table

plus 4 more to do items

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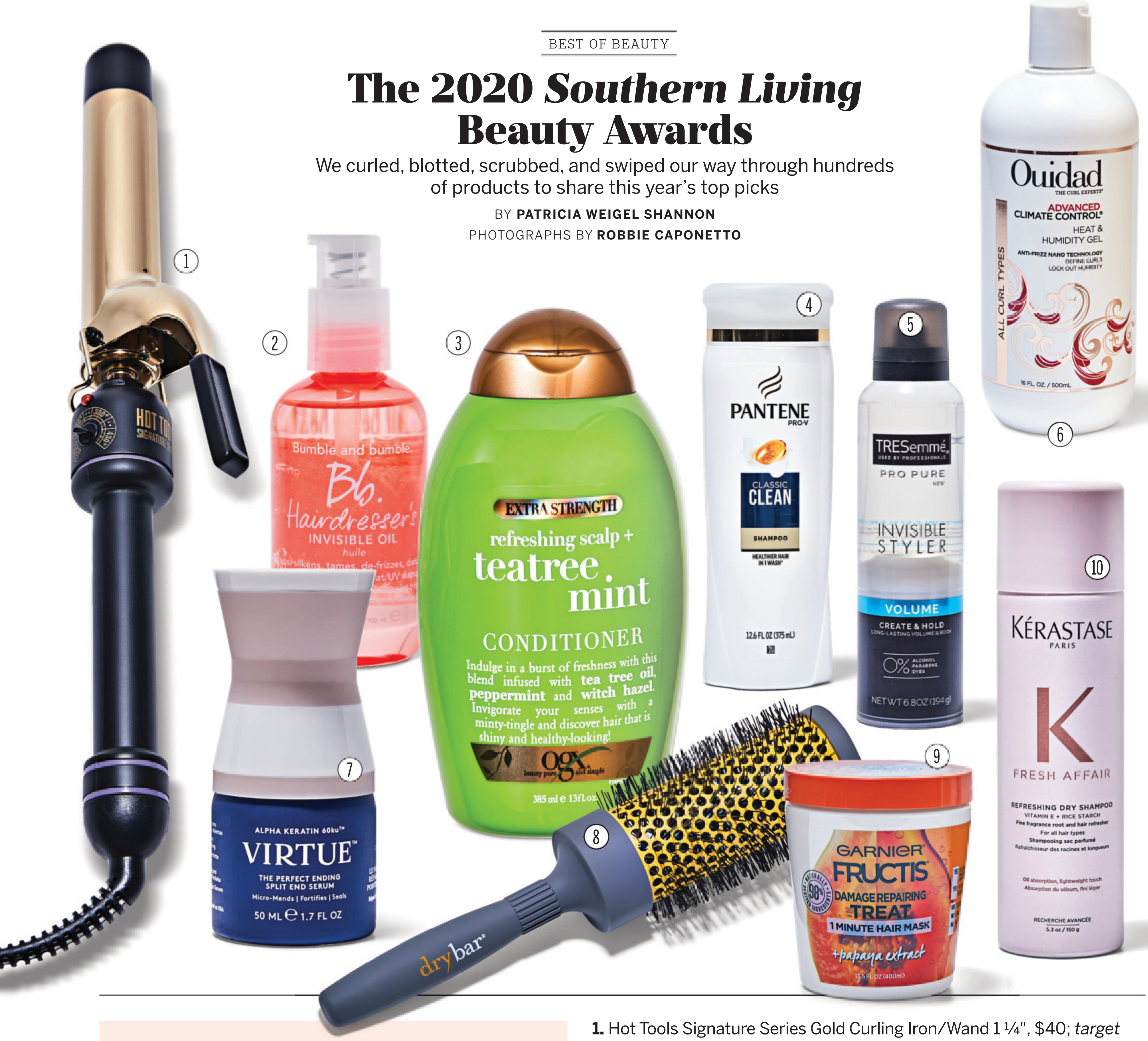
BEST OF BEAUTY

The 2020 *Southern Living* Beauty Awards

We curled, blotted, scrubbed, and swiped our way through hundreds of products to share this year's top picks

BY **PATRICIA WEIGEL SHANNON**
PHOTOGRAPHS BY **ROBBIE CAPONETTO**



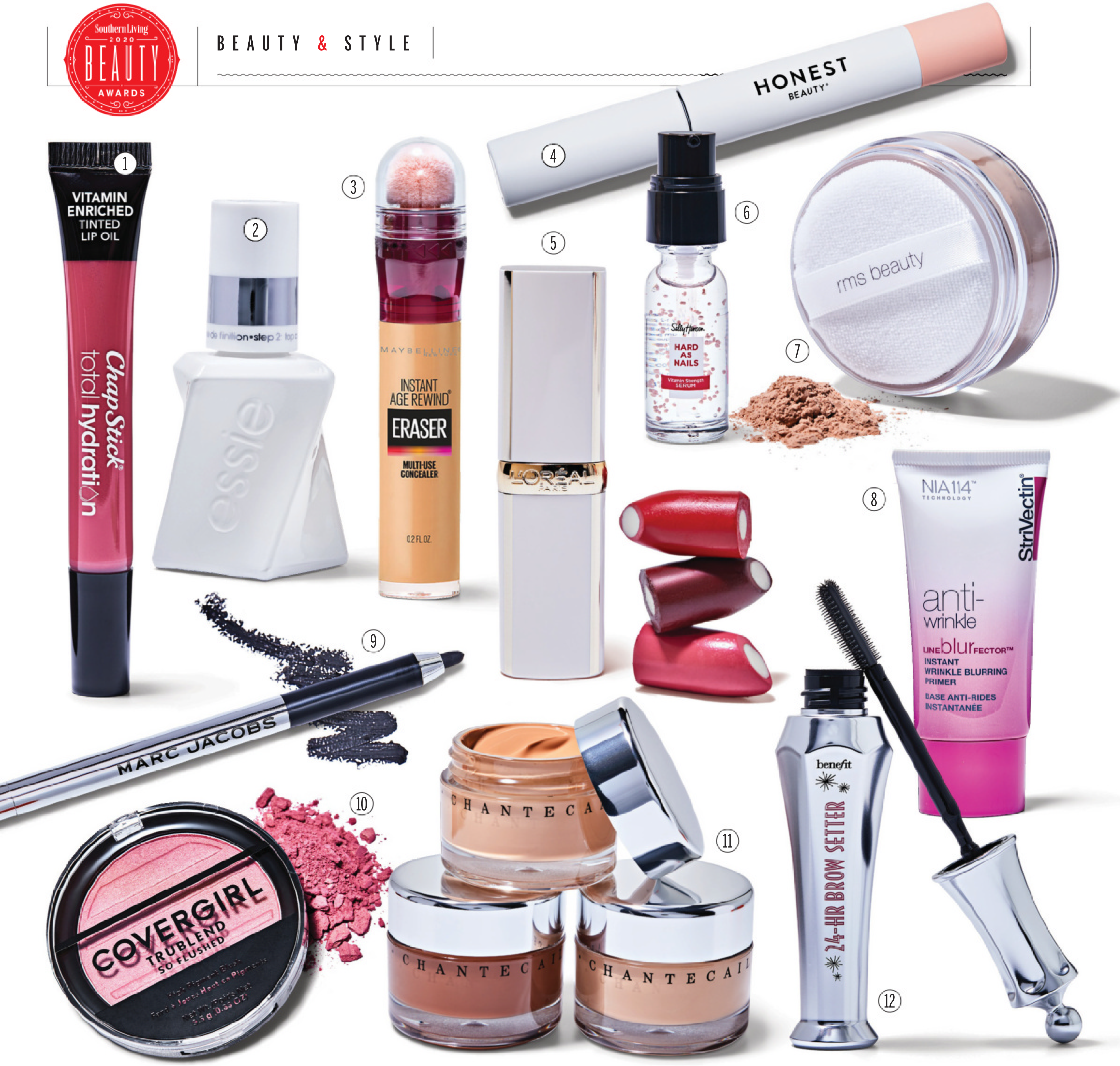
THE BEST

Hair Heroes

Set yourself up for nothing but good hair days with the help of a natural-curl-enhancing, UV-filtering gel that gives humidity the heave-ho; a round brush with crown-boosting benefits; a serum that's designed to cure split ends; and more

1. Hot Tools Signature Series Gold Curling Iron/Wand 1 ¼", $40; *target.com* **2.** Bumble and Bumble Hairdresser's Invisible Oil, $40; *bumbleandbumble.com* **3.** OGX Extra Strength Refreshing Scalp + Teatree Mint Conditioner, $7; *target.com* **4.** Pantene Pro-V Classic Clean Shampoo, $7; *amazon.com* **5.** Tresemmé Pro Pure Invisible Styler Volume, $6; *target.com* **6.** Ouidad Advanced Climate Control Heat & Humidity Gel, $26; *ouidad.com* **7.** Virtue The Perfect Ending Split End Serum, $40; *bluemercury.com* **8.** Drybar Full Pint Medium Round Ceramic Brush, $40; *thedrybar.com* **9.** Garnier Fructis Damage Repairing Treat 1 Minute Hair Mask + Papaya Extract, $8; *garnierusa.com* **10.** Kérastase Fresh Affair Refreshing Dry Shampoo, $36; *kerastase-usa.com*

STYLING: MARY BETH WETZEL



THE BEST

Makeup Magicians

From a clean mascara that primes, lengthens, and volumizes to a new, highly pigmented blush that will convince you to make the switch, these are the cosmetics we can't stop talking about

1. ChapStick Total Hydration Vitamin Enriched Tinted Lip Oil, $7; *ulta.com* **2.** Essie Gel Couture Top Coat, $12; *essie.com* **3.** Maybelline New York Instant Age Rewind Eraser Concealer, $10; *amazon.com* **4.** Honest Beauty Extreme Length Mascara + Lash Primer, $17; *honest.com* **5.** L'Oréal Paris Age Perfect Luminous Hydrating Lipstick + Nourishing Serum, $8; *walmart.com* **6.** Sally Hansen Hard as Nails Vitamin Strength Serum, $6; *cvs.com* **7.** RMS Beauty Tinted "Un" Powder, $34; *rmsbeauty.com* **8.** StriVectin Line BlurFector Instant Wrinkle Blurring Primer, $39; *strivectin.com* **9.** Marc Jacobs Beauty Highliner Gel Eye Crayon, $26; *marcjacobsbeauty.com* **10.** Covergirl TruBlend So Flushed High Pigment Blush, $8; *walmart.com* **11.** Chantecaille Future Skin Foundation, $78; *chantecaille.com* **12.** Benefit Cosmetics 24-Hour Brow Setter Clear Brow Gel, $24; *benefitcosmetics.com*

CAMP IS A FEW MILES BACK
TUCKED IN A GROVE OF COTTONWOODS.
AFTER A SLOW WALK ALONG THE RIM
YOU'VE GOT YOUR SPOTS PICKED OUT, AND TOMORROW? WE FISH.

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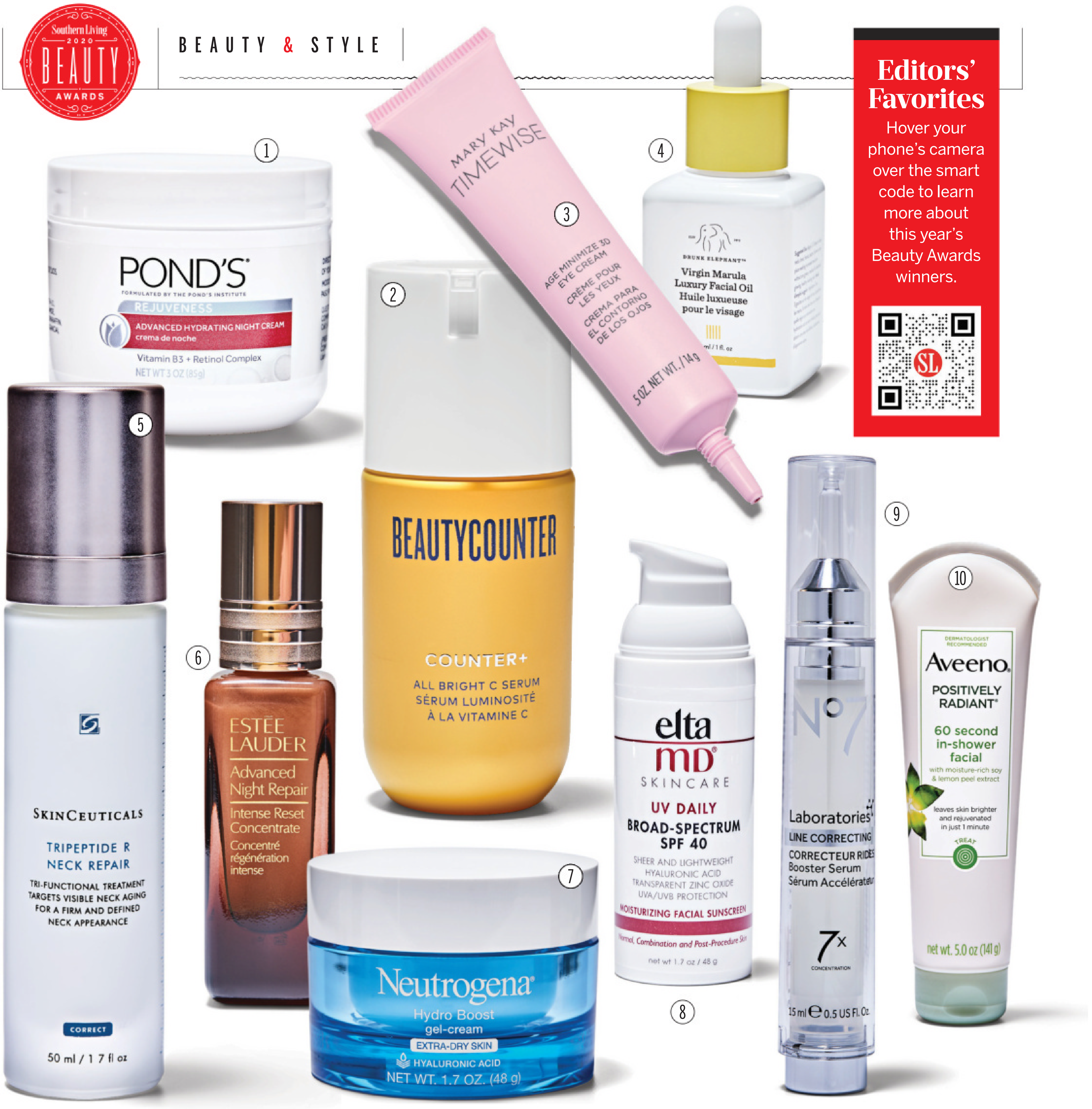
Editors' Favorites

Hover your phone's camera over the smart code to learn more about this year's Beauty Awards winners.



THE BEST

Antiaging All-Stars

What do a retinol cream that's gentle enough for the neck and décolletage, a pollutant-blocking vitamin C serum, and an SPF that plays nice with makeup all have in common? Each one is designed to forgive those years when you didn't quite heed Mama's skin-care advice

1. Pond's Advanced Hydrating Night Cream, $8; *walmart.com* **2.** Beautycounter Counter+ All Bright C Serum, $79; *beautycounter.com* **3.** Mary Kay TimeWise Age Minimize 3D Eye Cream, $36; *marykay.com* **4.** Drunk Elephant Virgin Marula Luxury Facial Oil, $72; *sephora.com* **5.** SkinCeuticals Tripeptide-R Neck Repair, $125; *skinceuticals.com* **6.** Estée Lauder Advanced Night Repair Intense Reset Concentrate, $80; *esteelauder.com* **7.** Neutrogena Hydro Boost Gel-Cream for Extra-Dry Skin, $21; *neutrogena.com* **8.** EltaMD UV Daily Broad-Spectrum SPF 40, $30; *dermstore.com* **9.** No7 Laboratories Line Correcting Booster Serum, $42; *us.no7beauty.com* **10.** Aveeno Positively Radiant 60 Second In-Shower Facial, $7; *target.com*

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- Skin so supple and hydrated, it bounces back.

Neutrogena®
Hydro Boost
water gel
HYALURONIC ACID

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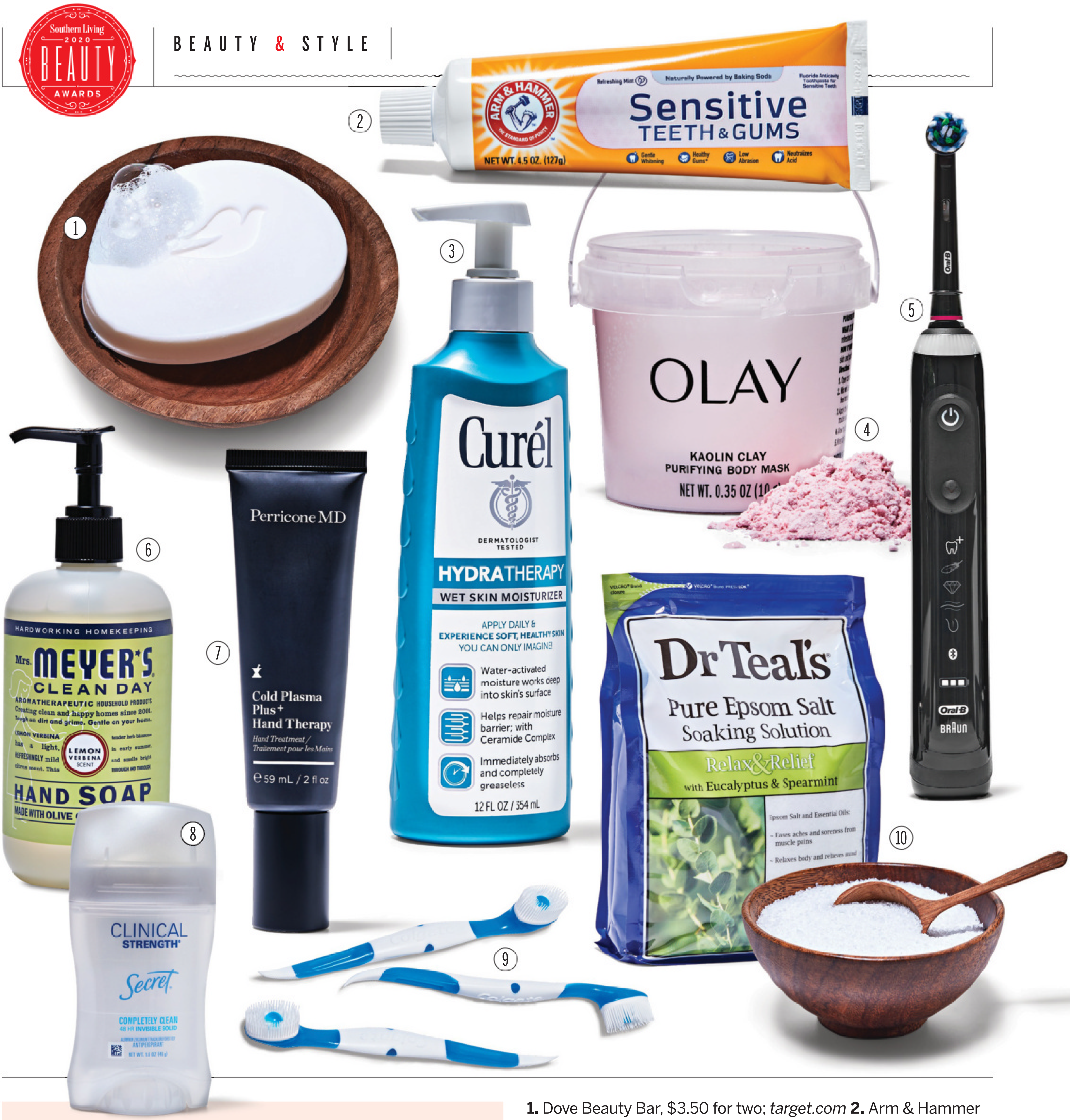

THE BEST

Skin-Care and Oral-Care Savers

Ten necessities that go beyond the basics, like one-and-done mini toothbrushes designed for freshening up on the fly and a budget-friendly in-shower body mask that sloughs off tired cells to uncover head-to-toe baby-soft skin

1. Dove Beauty Bar, $3.50 for two; *target.com* **2.** Arm & Hammer Sensitive Teeth & Gums Toothpaste, $3; *walmart.com* **3.** Curél Hydra Therapy Wet Skin Moisturizer, $11; *target.com* **4.** Olay Kaolin Clay Purifying Body Mask, $11; *olay.com* **5.** Oral-B Genius X 10000 Rechargeable Toothbrush, $180; *target.com* **6.** Mrs. Meyer's Clean Day Hand Soap, $4; *mrsmeyers.com* **7.** Perricone MD Cold Plasma Plus+ Hand Therapy, $29; *perriconemd.com* **8.** Secret Clinical Strength 48 Hr Invisible Solid, $8; *target.com* **9.** Colgate Wisp Max Fresh, $5 for four; *walmart.com* **10.** Dr Teal's Pure Epsom Salt Soaking Solution Relax & Relief with Eucalyptus & Spearmint, $5; *walmart.com* SL

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PICTURE OF HEALTH

The 411: The great pumpkin! Yes, it makes for festive fall porch decor, but there's more to the orange fruit than a pretty (or spooky) face. It's rich in fiber, low in calories, and packed with beta-carotene, which converts to vitamin A in the body. In turn, that vitamin promotes eye health and boosts your immune system. Pass the pumpkin pie, please.

susansnaps
The Ultimate Gourmet Gingersnaps
susansnaps
The Ultimate Gourmet Gingersnaps

Susan and
Laura Stachler

SECRETS TO A GOOD LIFE

Snap to It!

For this Sandy Springs, Georgia-based mother-daughter duo, cookies are an easy way to spread love

BY **BETSY CRIBB**

"NO ONE IN THEIR right mind would set out to start a gingersnap company," says Susan Stachler. But 16 years ago, while she battled Hodgkin lymphoma (and her father simultaneously underwent treatment for non-Hodgkin lymphoma), her mother, Laura, learned all about the stomach-soothing benefits of ginger. A dessert caterer by trade, Laura started baking gingersnaps for Susan, who then shared them with her fellow cancer patients. "There's just something about cookies that brings a smile to your face," says Susan. "Anything homemade from Mom makes you feel a little bit better." What started as their personal initiative to curb chemo-induced nausea and spread some good cheer eventually gave way to Susansnaps, a bakery that ships gingersnaps all over the country. And these bite-size snacks do more than soothe upset stomachs. "It's hard to know what to say or do [for loved ones with cancer]," says Susan. "And we felt like this cookie, this product, was a really nice way for people on the outside to say 'I'm thinking of you' to their family or friends." The pair also wrote a book sharing their experience, *The Cookie Cure: A Mother-Daughter Memoir of Cookies and Cancer,* and they donate their treats to several local cancer centers and hospitals. As for working together, well, that's the icing on the cake. "We have the best time," says Susan. Laura agrees. "When you've gone through the depths of despair, shipping cookies across the country puts it all in perspective," she notes. "We work very, very hard at what we do, but as Susan says, 'It's a cookie, Mom. Just keep going.' "

HOUSE CALL

Helping the Helpers

The Alzheimer's Association offers three ways to lighten the loads of caregivers

MAKE A PLAN

▸ "A good first resource after a diagnosis is the Alzheimer's Association," says Beth A. Kallmyer, MSW, the organization's vice president of care and support. "It has a 24-7 Helpline staffed with counselors; social workers; and experts on memory loss, dementia, and Alzheimer's disease, so people can talk about their situations and get help with planning and problem-solving."

ASK FOR HELP

▸ "Requesting specific things is important," she suggests. "Because this disease goes on for such a long time, schedule regular calls with family and friends who are helping out. Have honest conversations about what everyone can do." This may include managing finances or researching care communities.

TAKE A BREAK

▸ "One of the things that can be very difficult for people to recognize is that taking care of themselves is part of being a good caregiver," Kallmyer says. "Play a weekly game of golf, go on walks, or connect with friends. A little break can make a real difference."

JENICA ROGERS

BCRF BREAST CANCER RESEARCH FOUNDATION

SAVE RESEARCH
SAVE LIVES

Research is the reason I have confidence

NATALIE,
TREATED FOR STAGE II BREAST CANCER

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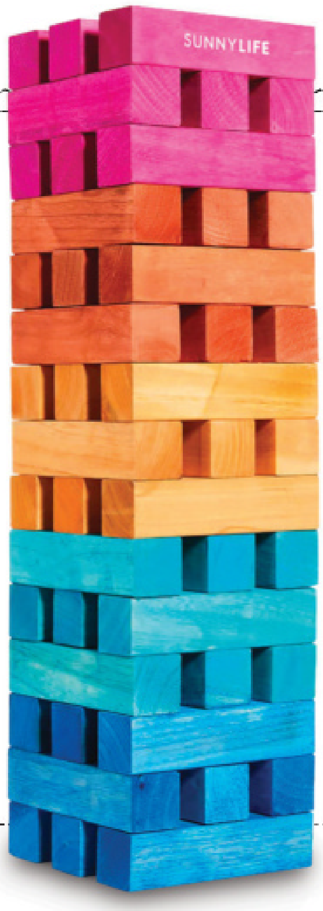
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③

④

⑤

⑥

GREAT GEAR

Game On!

Six backyard activities sure to inspire family-friendly competition

1. L.L.Bean Bocce, $109; *llbean.com* **2.** SunnyLife Mega Jumbling Tower, $110; *shopbop.com* **3.** 2-in-1 Bean Bag Toss, $150; *crateandbarrel.com* **4.** The Original Spikeball Kit 1-Ball, $53; *spikeball.com* **5.** Yard Dice, $68; *shopterrain.com* **6.** GoSports Premium Croquet Set with Carrying Case, $62; *wayfair.com*

TO HER HEALTH

Breast Cancer Awareness

Here are three ways you can acknowledge it and make a difference this month

COMMIT TO A MONTHLY SELF-EXAM

Johns Hopkins Breast Center found that 40% of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is essential. Experts recommend that premenopausal women perform self-exams toward the end of their menstrual cycles. Postmenopausal women should just choose a day that they can easily remember each month.

EDUCATE YOURSELF ON BREAST-HEALTH EQUITY

African American women are 40% more likely to die from breast cancer than their white counterparts, as social and economic barriers to care often lead to later diagnoses. Earlier this year, the American Cancer Society and Pfizer approved $2.5 million in total grants for hospitals and cancer centers in nine communities (including Chapel Hill, North Carolina) to work toward closing that gap.

GET THE FAMILY INVOLVED

Support Susan G. Komen's research and patient-advocacy efforts by either donating or signing up for your local Race for the Cure or More Than Pink Walk; *ww5.komen.org/raceforthecure.* SL

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TRAVEL & CULTURE

YOUR GUIDE TO THE SOUTH NOW

Autumn in Kentucky The leaves are ablaze here, where the ponies run.

LONG WEEKEND

The Heart of Horse Country

Head off to the races, and catch fall's prettiest show in Lexington, Kentucky

BY **KAITLYN YARBOROUGH** | PHOTOGRAPHS BY **BROWN W. CANNON III**

Old Friends
Charismatic
Game On Dude
Alphabet Soup

Old Friends
Michael Blowen visits a "retiree."

WHEN Michael Blowen decided to start a retirement farm for racehorses, people were skeptical. "They all thought I was nuts," he says. "I was just going to put horses in my yard and hope visitors would come see them."

He's toting a bucket of carrots and walking along a fence toward a stallion named War Emblem. He starts kicking the bottom rail in anticipation—the horse, not Blowen.

"You'll get your carrots, but only after you race me," the former film critic for *The Boston Globe* teases the former winner of the Kentucky Derby and Preakness Stakes. (War Emblem was just shy of capturing the Triple Crown in 2002.) Blowen jogs down the fence line, and the horse looks on, as if he's thinking, "Not a chance, man."

Just a little more goading, and the stallion finally gives in, breaking into a short sprint—but only because carrots are at stake. "The ones who won the big races are all smarter than the rest," Blowen says. "He's got us all really well trained."

Old Friends, a retirement farm for Thoroughbreds whose racing and breeding careers have ended, offers unrivaled access to once-celebrated athletes, some of whom have made millions for their owners. Every horse has a story, which Blowen tells like a proud father.

You'll meet the likes of Breeders' Cup champion Alphabet Soup, who doesn't go anywhere without his best friend (a donkey named Gorgeous George), and Belmont Stakes winner Sarava, who remains the longest shot in the 153-year history of the race (coincidentally robbing his neighbor, War Emblem, of the 2002 Triple Crown title). Sadly, War Emblem died this spring. He was a good horse and lived a good life. So do all Old Friends horses—like the farm's mascot, a miniature named Little Silver Charm. Blowen's been known to let this fellow hang out in his living room.

Blowen goes on to pay his daily visit to another almost-Triple Crown champion, Silver Charm. The gray stallion, winner of the Kentucky Derby and Preakness Stakes in 1997, is admittedly Blowen's favorite. "He gives me a kiss every day, and I think I'm starting to enjoy it," he says, laughing.

What started out as a racetrack hobby for Blowen back in his newspaper days became a lifelong mission that now gives over 200 horses a home either at the main location in Georgetown, Kentucky (just 25 minutes from downtown Lexington), or at a satellite location in Saratoga County, New York.

"People expect to see horses that are old, scrawny, and broken-down—kind of like me," he jokes. "But their eyes are still bright, and they're still running." Blowen then pauses and says, "I gotta get some more land. I gotta do some stuff."

Right now, the 236-acre farm is maxed out; there's even a waiting list. More space is on Blowen's mind. For now, he calls out to Nicanor, a dark bay stallion, to come and get his carrots.

Bluegrass Living

To watch horse country wake up in fall is to catch Kentucky in all its glory. A golden glow slowly settles over misty hillsides, fat maple leaves catch the early tangerine glints of sunlight, and birds chirp a morning blessing as horses steadily graze dew-covered grass. People from all over the world

REWARD

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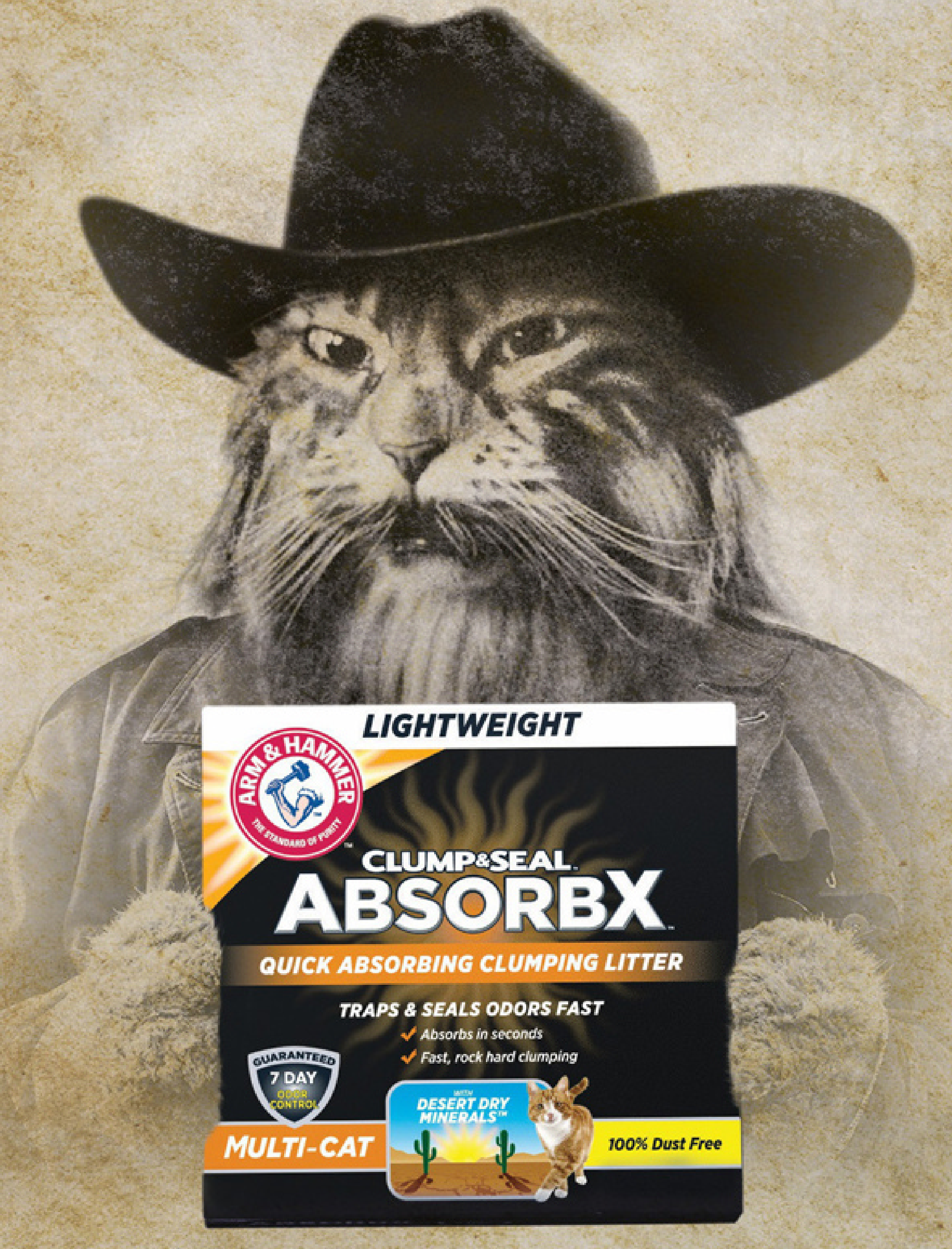
IN SECONDS



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come to this part of Central Kentucky for that trademark combination of rolling green hills, autumn-cloaked red and golden maples, and horses with glossy chestnut coats pastured along every winding rural road.

This is horse country, where the biggest, strongest, and (above all) fastest Thoroughbreds, or "hot-blooded horses," are bred. Not by chance, either, but by the grace of the calcium-rich limestone that runs underneath all that bluegrass the horses feed on. Throw in two of the world's most famous tracks, **Churchill Downs** in Louisville and **Keeneland** in Lexington, and the state is essentially an equestrian's promised land.

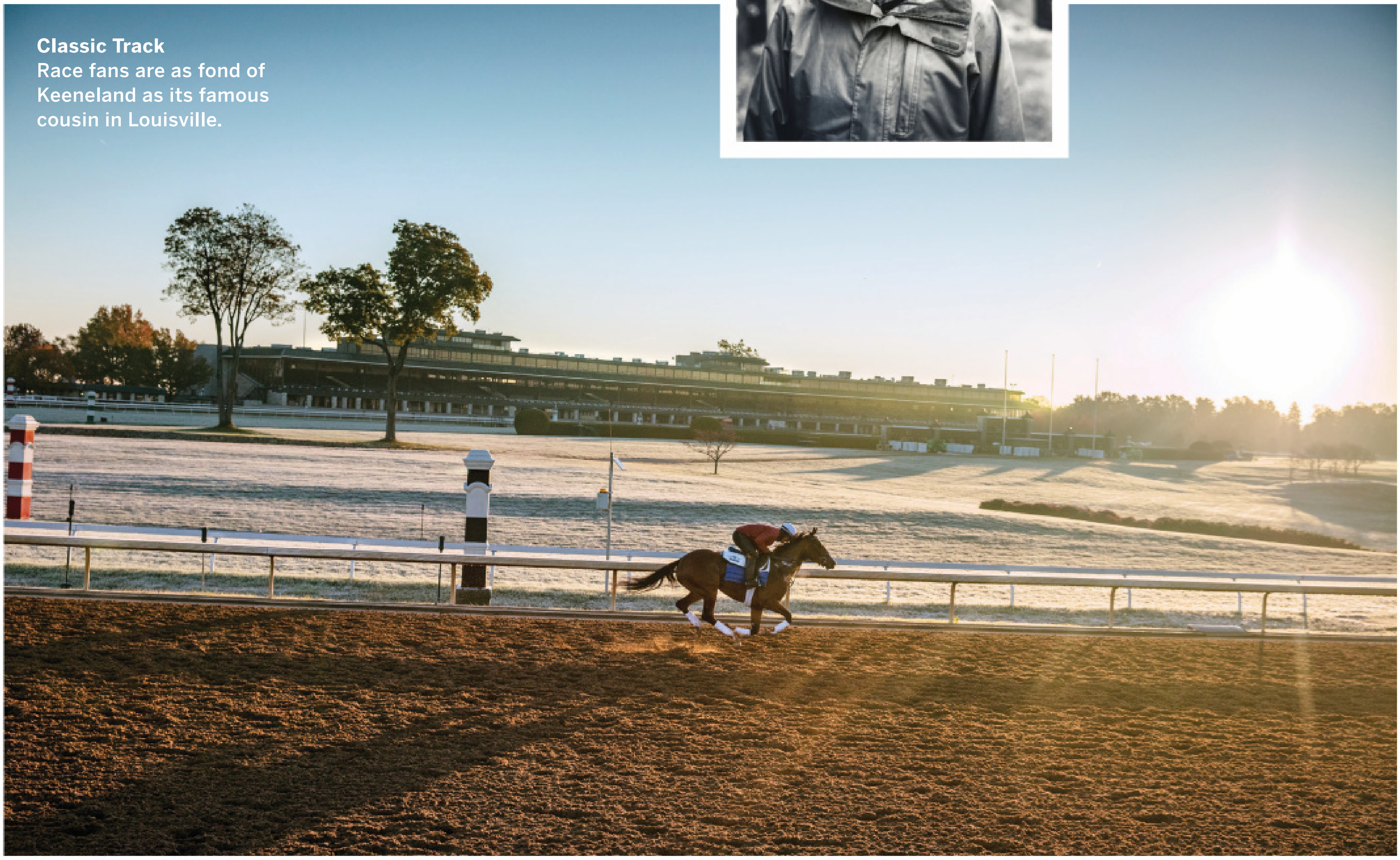
Prestigious operations such as **Claiborne Farm, Spy Coast Farm,** and **Ashford Stud** (home of Triple Crown winners American Pharoah and Justify) offer a fleeting glimpse into a largely exclusive world, one that orbits around the idea that it's entirely sane to have a 110-pound jockey barreling around a track at 40 mph on a horse that weighs a half ton. Not only sane, but really the highest form of sportsmanship—and a wildly profitable one at that.

What really sets horse racing apart from other sporting events isn't just the 1,000-pound athletes. It's all the pomp. Spectators dressing to the nines (hats, ascots, and all) to sip mint juleps before noon and bet on horses that have names like Finnick the Fierce? Not necessarily something that you would see at the Talladega Superspeedway (though, to be fair, bourbon flows there too).

The heartbeat of horse country is loudest on the racetrack, and for over eight decades, Keeneland has helped keep the tradition of Thoroughbred racing alive. This is a place where everyone from the international equine elite to rowdy college students can come partake in the time-honored festivities.

Amid the buzzy chaos of bets being placed, stiff drinks

Workout Partner
Warm-up riders help keep horses fit and healthy to race.



Classic Track
Race fans are as fond of Keeneland as its famous cousin in Louisville.

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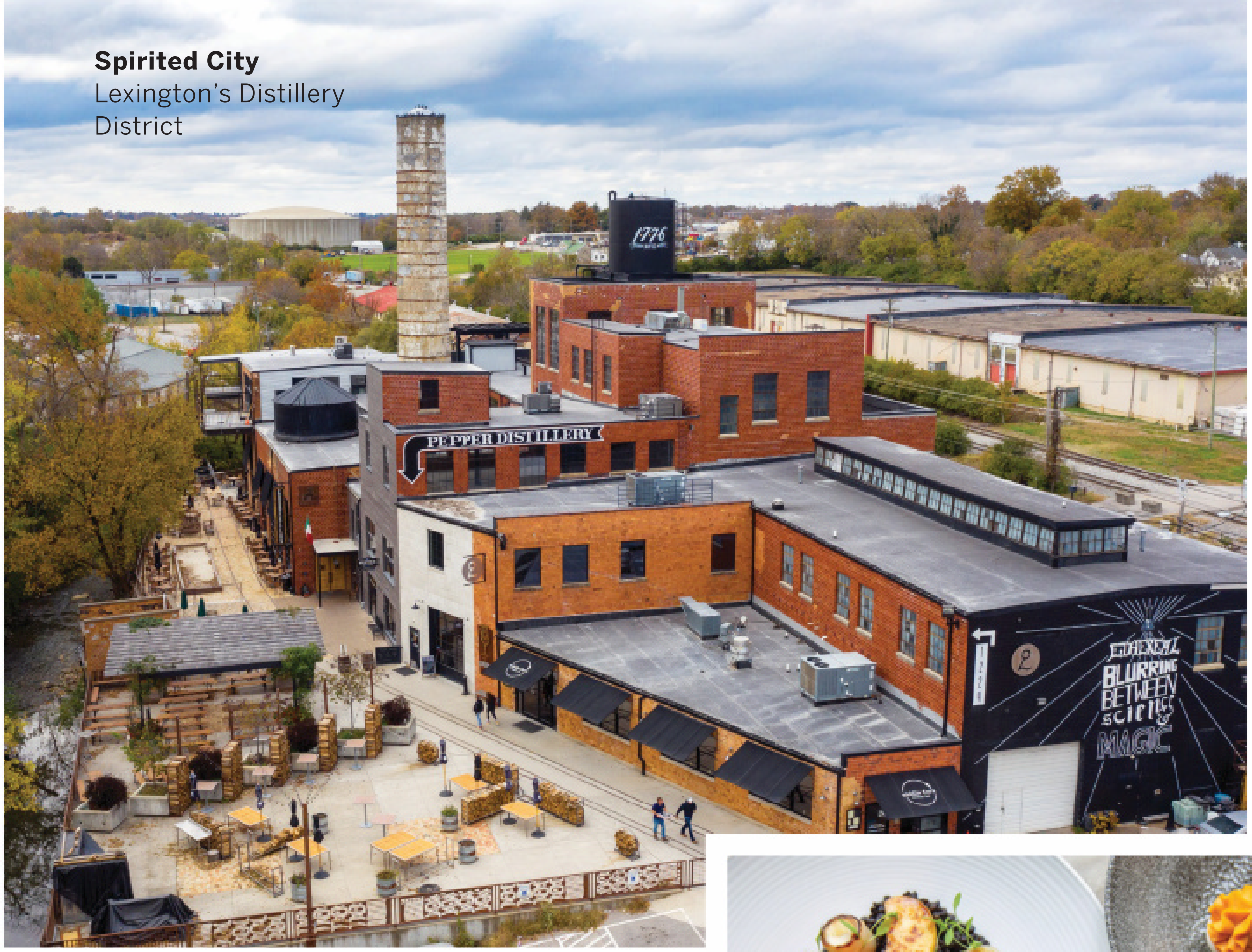

Spirited City
Lexington's Distillery District

Toast Kentucky
An old fashioned from Middle Fork Kitchen Bar

Farm to Table
Dudley's on Short keeps it fresh with local ingredients.

being poured, and horses getting saddled up, the race goes off like clockwork. The jockeys mount up, the horses parade onto the dirt track, a bugler (clad in a green jacket and top hat) plays a regal tune, and two minutes of undiluted action ensues. Thoroughbreds with crazy names like Tiz the Law and American Theorem launch out of the gates, barrel around the track, and sprint to the finish.

Every 30 minutes, it all starts again. And anyone in Lexington can tell you, there's nothing else like it.

City Slicking

It's easy to overlook Lexington at first. Louisville gets most of the attention, thanks to the Derby and **Whiskey Row,** while Lexington sits back, quietly enjoying the spoils of being a great town set in the ecologically blessed Kentucky landscape.

It has bourbon distilleries and horse racing and the breezy hills of the Bluegrass, plus a vibrant downtown lined with everything from breweries to old-school bakeries to rooftop restaurants. Once-forgotten spaces get second acts: A historic bank building becomes the ultrahip **21c Museum Hotel.** The **Distillery District—**housed in the Historic James E. Pepper Distillery, which had previously sat abandoned for five decades—is now the place to be, with two working bourbon distilleries, restaurants, bars, and shops. Make a reservation at the moody dinner spot **Middle Fork Kitchen Bar** to try anomalous dishes like sauerkraut pancakes (a must) and rabbit infused with bourbon-barrel smoke.

Downtown Lexington doesn't suffer the vacancy-ridden fate of so many city centers. The 21c Museum Hotel offers such extra perks as a contemporary art museum and a notable in-house restaurant, **Lockbox.** On the same block with the hotel are **Sunrise Bakery** (look for their pastries at stores around town) as well as **Bourbon on Rye,** a modish take on a gentleman's bourbon bar, where some truly well-versed bartenders will happily guide you without breaking the bank.

There's not a local in town who won't go on about **Belle's Cocktail House.** It's the best place to see the sun setting behind the city skyline over a "bourbon & Ale-8." (Ale-8-One is Kentucky's hometown soft drink, a gingery, citrusy Prohibition-era soda that makes a jazzy bourbon mixer.)

Come dusk, that's exactly where you want to be, sitting and sipping. Maybe a flight of memory will carry you back to those rolling hills and starting gates and buckets of carrots. Horse country winds down the same way it wakes up: slow and steady.

Editor's Note: *COVID-19 may affect some destinations. Check the status of each before planning your trip.* SL

Horses at Sunrise
Mares and yearlings at Spy Coast Farm

Bourbon Trail Highlights

"THE CADILLAC" OF BOURBONS

The aroma is almost enough to give you a slight buzz in the regauge room at **Buffalo Trace Distillery.** Men are rolling hefty barrels filled with aged bourbon onto a moving line and then popping the bung (the plug that seals the barrel) to free it for bottling. Amber liquor gushes into a trough below.

Side Trip
Wallace Station Deli outside Midway

Tours come through just as it's happening, and everyone looks on longingly, eager to give it a try. "This is the Cadillac," says a gentleman with a reverent nod as the group passes around mini tasting glasses. He and his wife are sampling some of the 18 destinations that make up the **Kentucky Bourbon Trail,** and this is the fifth distillery they have toured.

CHEERS TO THE PAST AND FUTURE

One of the distillery's guides, Fred Mozenter, regales the crowd with old bourbon legends like the "angel's share," which is the portion of each barrel (roughly one-third) that evaporates during the aging process.

Besides heirloom distilleries such as Buffalo Trace and **Woodford Reserve,** there are some relative newcomers worthy of a stop, like **Castle & Key Distillery,** located half an hour from downtown Lexington in Frankfort. The in-house gin and vodka will quench your thirst while the bourbon ages until 2022.

SMALL-TOWN HOT SPOT

Between tours, make a pit stop at **Wallace Station Deli** near Midway, one of Kentucky chef Ouita Michel's places. The 15-minute drive to Wallace Station from the highway will take you past some of the area's showiest horse farms. Order one of the Inside Out Hot Browns (their take on a classic Kentucky sandwich) and a cold bottle of Ale-8 to enjoy outside on a picnic table. After all, it'll help soak up some of that bourbon.

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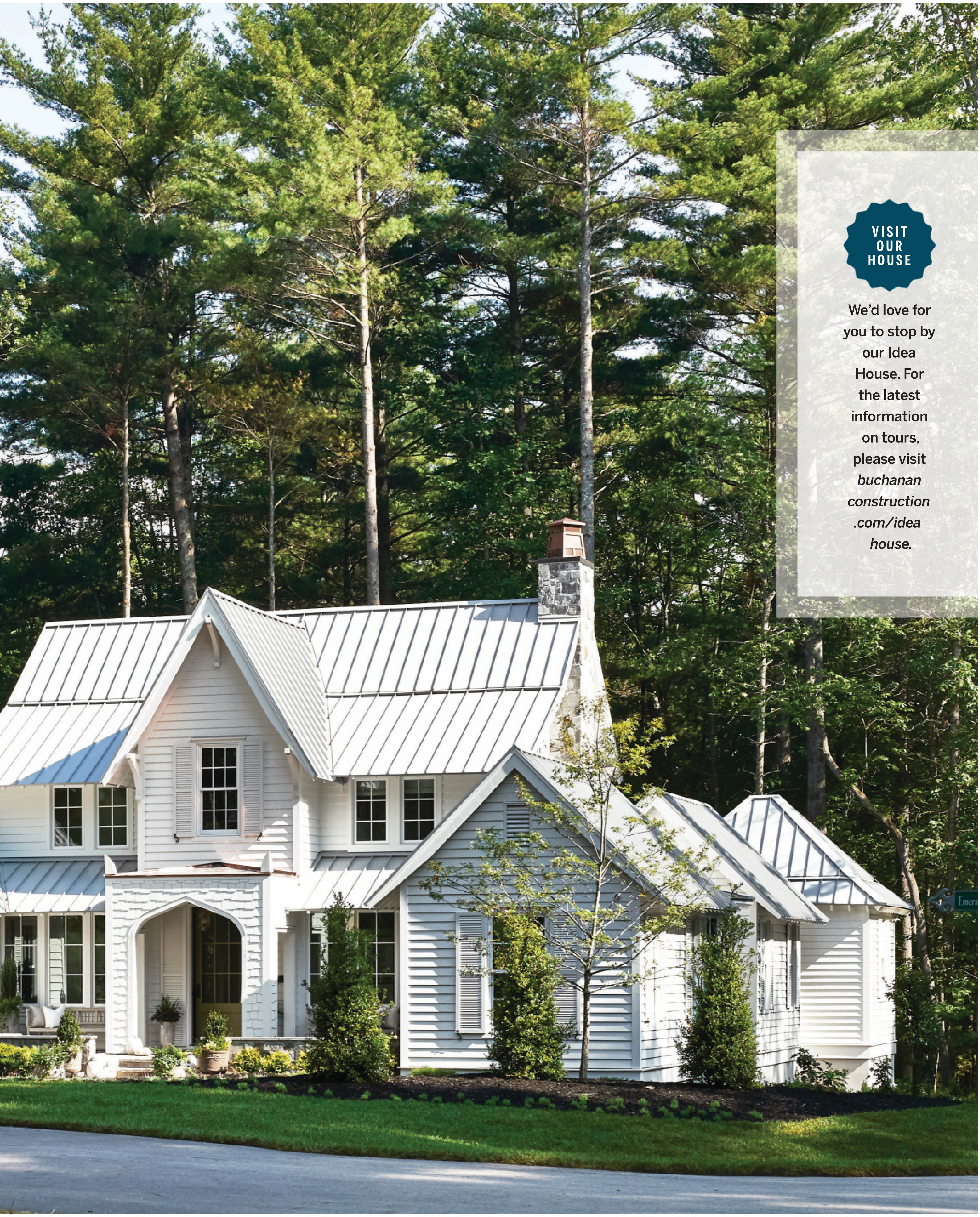
2020 IDEA HOUSE

MOUNTAIN HIDEAWAY

For our 2020 Idea House, we built a dreamy Blue Ridge escape that shows off Asheville, North Carolina's down-to-earth style

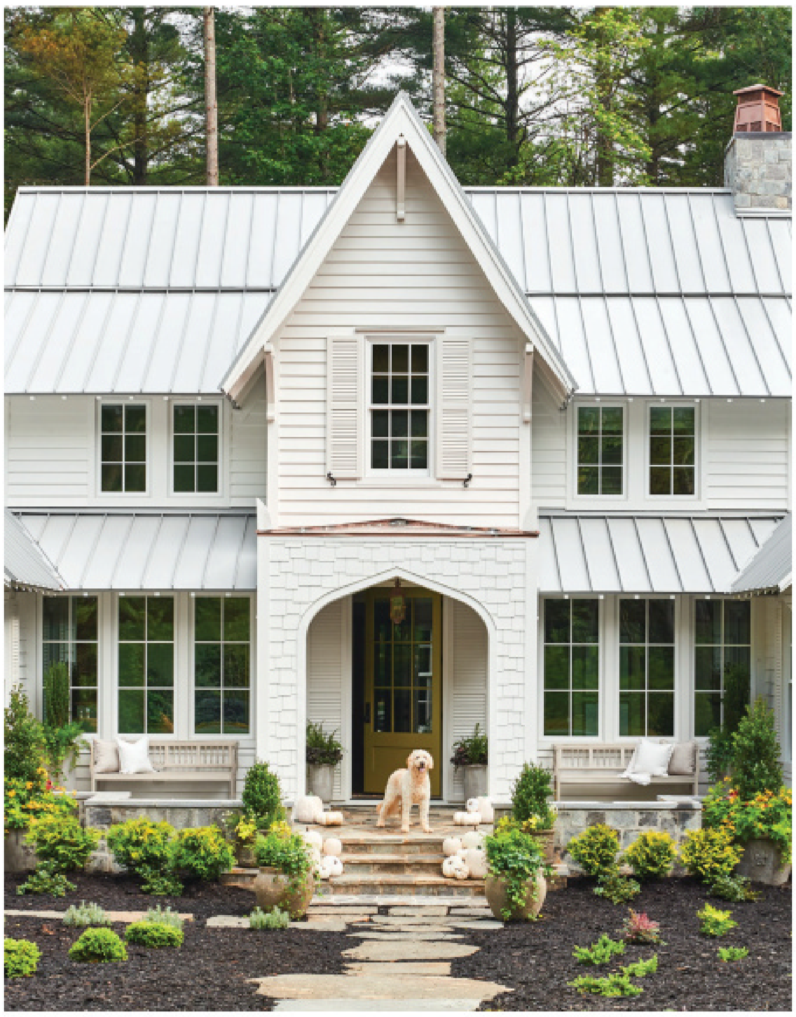
BY GRACE HAYNES PHOTOGRAPHS BY ROBBIE CAPONETTO



VISIT OUR HOUSE

We'd love for you to stop by our Idea House. For the latest information on tours, please visit *buchanan construction .com/idea house.*

COME OCTOBER, the leaf peepers putter bumper to bumper along the Blue Ridge Parkway to take in its famed autumn color. So when it came time to decide on a location for this year's Idea House, we headed north (well, not too far) for a nice dose of Western North Carolina's mountain magic. Asheville has really exploded as a hot spot for outdoor adventurers, innovative artisans, and award-winning chefs. Not to mention the fact that Biltmore is a picturesque Southern pilgrimage. We broke ground in The Ramble Biltmore Forest, a secluded 1,000-acre community (part of the original farm founded by George W. Vanderbilt in 1897) nestled into a wooded mountainside. It's around 15 minutes from the action downtown but feels like it's a world away. We called on a talented team from across the region to bring our Appalachian getaway to life: interior designer Lauren Liess, builders Rick Buchanan and Jason Norton of Buchanan Construction, architects Kate Campbell and Beau Clowney of Beau Clowney Architects, and landscape architect Greg Cloos. "We wanted to design a classic mountain house with a nostalgic reinterpretation of the vernacular architecture of the North Carolina region," says Beau. "It's full of light and air with classical proportions." The blueprint (a collection of smaller cabins layered around a larger one) represents the idea of a family farmhouse that's been added onto over time. "Great Southern homes have a connection between indoors and out. This house feels like a quaint cottage in the woods," Kate adds. Lauren infused the interiors with soulful antiques, earthy color palettes, and cozy gathering spaces that are just as relaxed as the beautiful Blue Ridge setting. The result? A laid-back escape for year-round mountain living and getting together with family and friends. Step inside this year's home for inspiration.



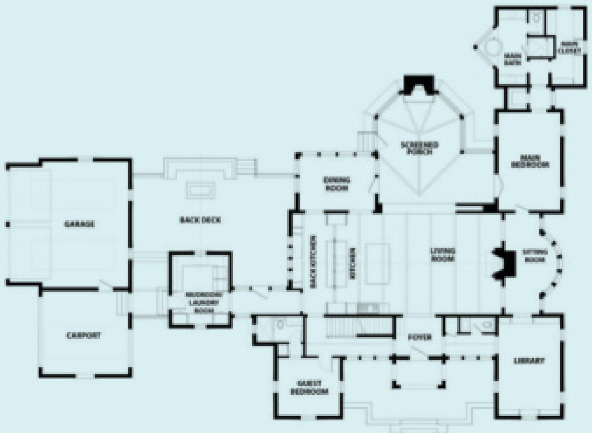
Inviting Entry

A wide terrace greets visitors. James Hardie's Artisan lap siding and HardieShingle siding (on the archway) are painted with Sherwin-Williams Emerald® Rain Refresh™ Exterior Acrylic Latex with custom tint in Quill Extra White (SW 7006), which stands up against the weather. The front door looks welcoming in Sherwin-Williams Rural Green (SW 6418).

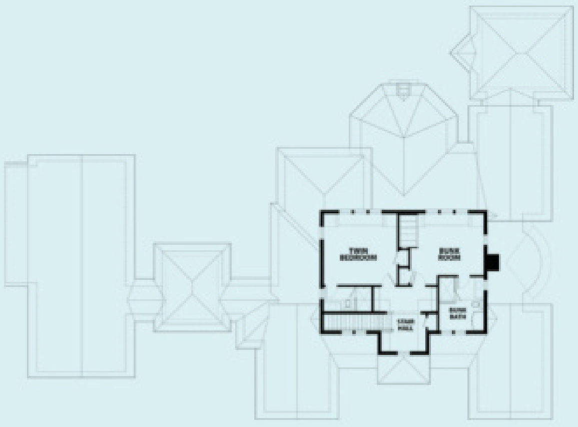
HOUSE PLAN

QUICK TOUR

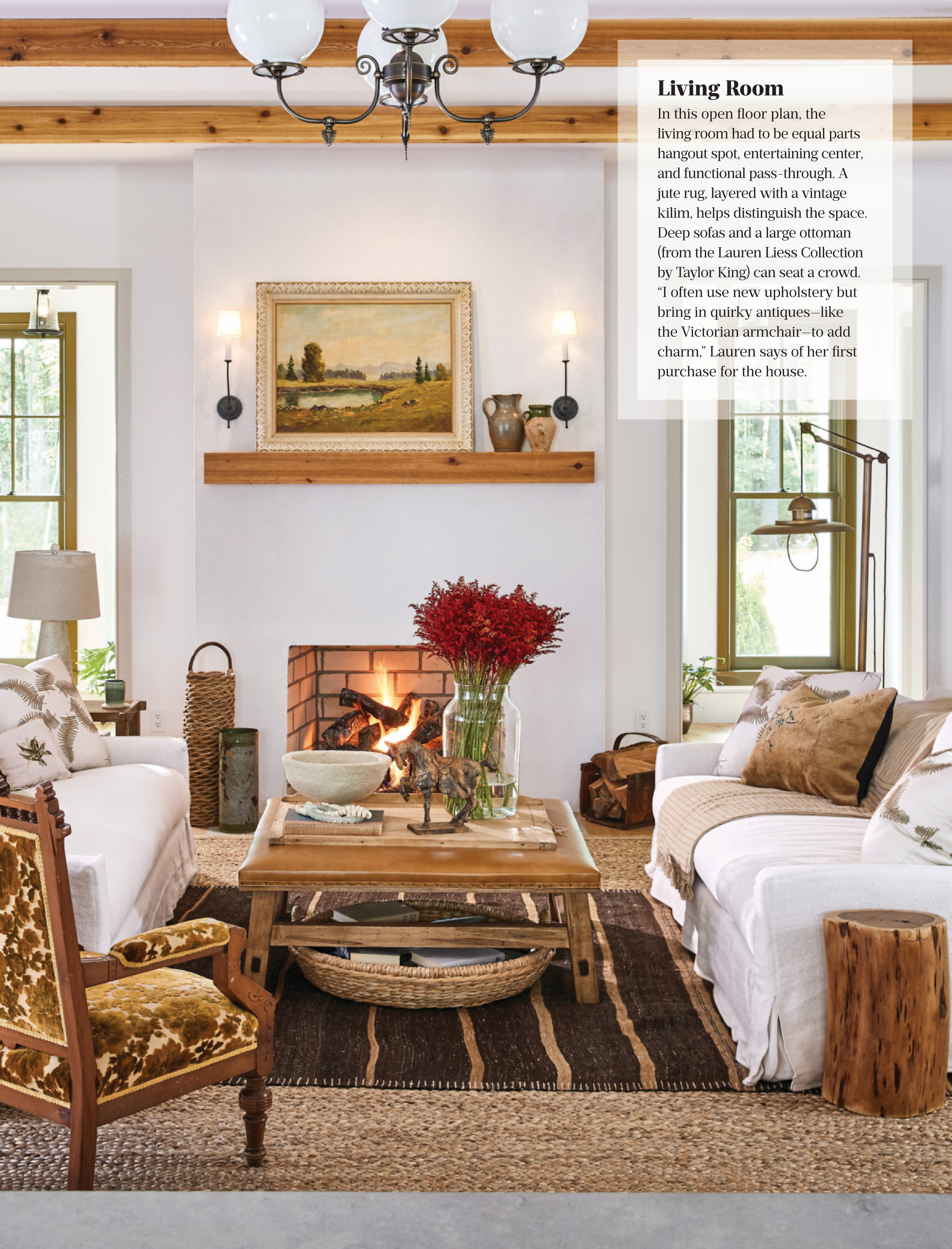
Build our 2020 Idea House! This 3,650-square-foot home offers four bedrooms and four-and-a-half baths (plus plenty of porch space for outdoor living). Buy the plan for The Ramble Farmhouse (SL-2052) at *houseplans.southernliving.com.*



MAIN LEVEL



SECOND LEVEL



Living Room

In this open floor plan, the living room had to be equal parts hangout spot, entertaining center, and functional pass-through. A jute rug, layered with a vintage kilim, helps distinguish the space. Deep sofas and a large ottoman (from the Lauren Liess Collection by Taylor King) can seat a crowd. “I often use new upholstery but bring in quirky antiques—like the Victorian armchair—to add charm,” Lauren says of her first purchase for the house.

Kitchen

Lauren created a focal point above the range with terra-cotta tiles (Folk Bouquet from her line by Architectural Ceramics) that's the perfect backdrop for displaying essentials like the *Southern Living* Collection for Dillard's cast-iron casserole dish and other kitchen solutions. The sleek Wellborn Cabinet, Inc., cabinetry has built-in organizers and a touch-to-open wastebasket and drawers, making it functional for busy families and great for entertaining.

STYLING: KENDRA SURFACE; PORTRAIT: HELEN NORMAN

EXTRA TIP

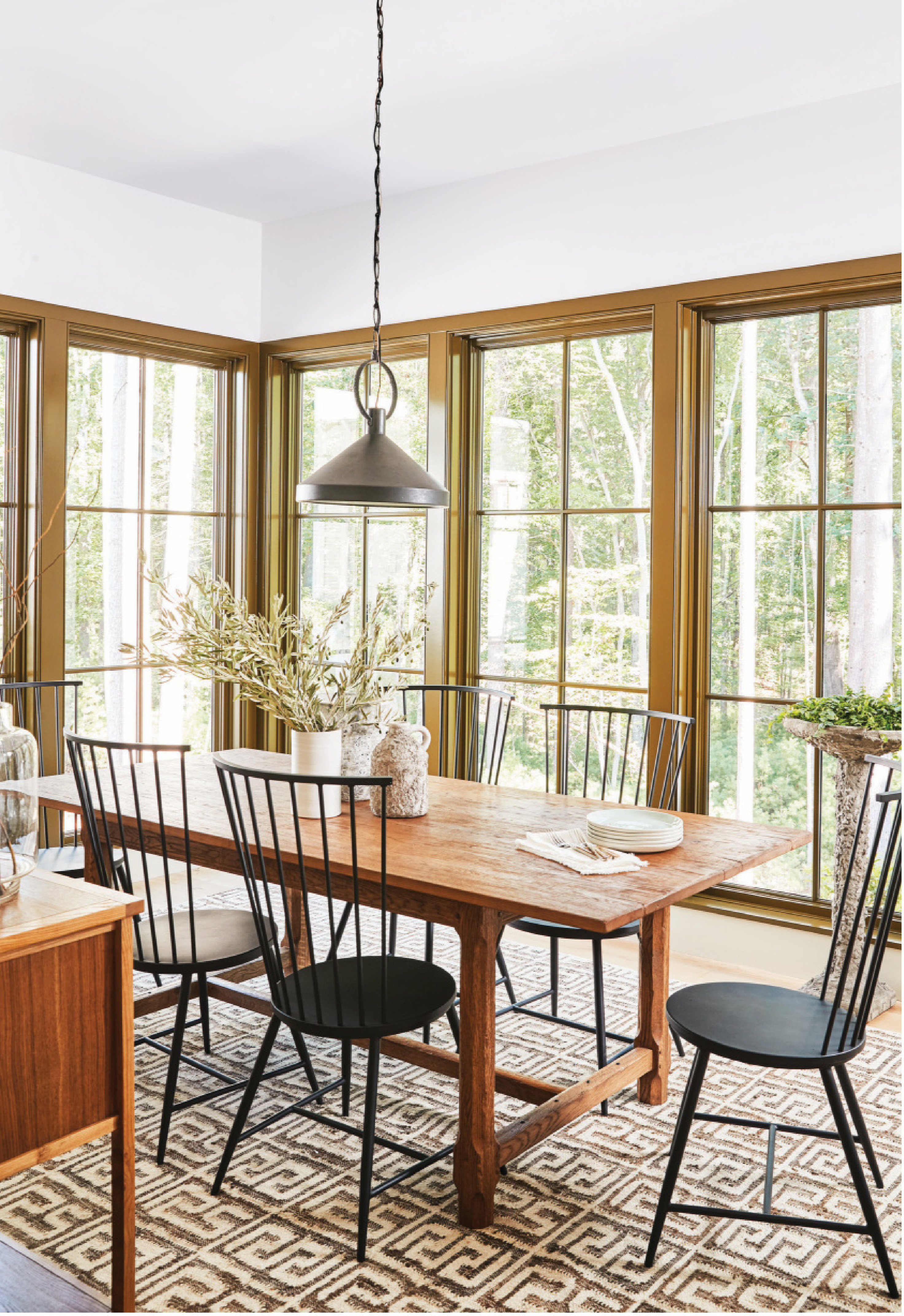
The chimney-style range hood (with an oak board) adds a historical touch.

MEET THE
INTERIOR DESIGNER

Lauren Liess & Co.

laurenliess.com
GREAT FALLS, VA

"All the best houses have soul. Interesting architectural details—like V-groove paneling, exposed wooden beams, and historically inspired doors with traditional hardware—add old-house character to a new build. Incorporating pieces that already have patina or will age well (along with a mix of new and vintage furnishings, art, and accessories) lends timelessness too. I wanted to give enough breathing room for the architecture and land surrounding the house to be fully appreciated. The outdoors influenced the interior palette of greens and other natural tones. We designed it to seem relaxed and pared down—not too stuffy but with little moments of sophistication and nods to the Victorian era. I wanted the house to make you exhale," says Lauren.



Dining Room

Tall Marvin Ultimate Casement (Stationary) windows wrap around the dining room, making it seem like a glassed-in porch. Forgoing draperies and painting the frames glossy green helps draw attention to the pine trees in the background. "I kept the space spare so all eyes would be fixed on the view," says Lauren. A traditional farm table from her collection by Woodbridge Furniture anchors the modern metal Windsor chairs.

EXTRA TIP

Set fresh greenery around the house so each space feels lived-in and loved.

MEET THE BUILDER

Buchanan Construction

buchananconstruction.com
ASHEVILLE, NC

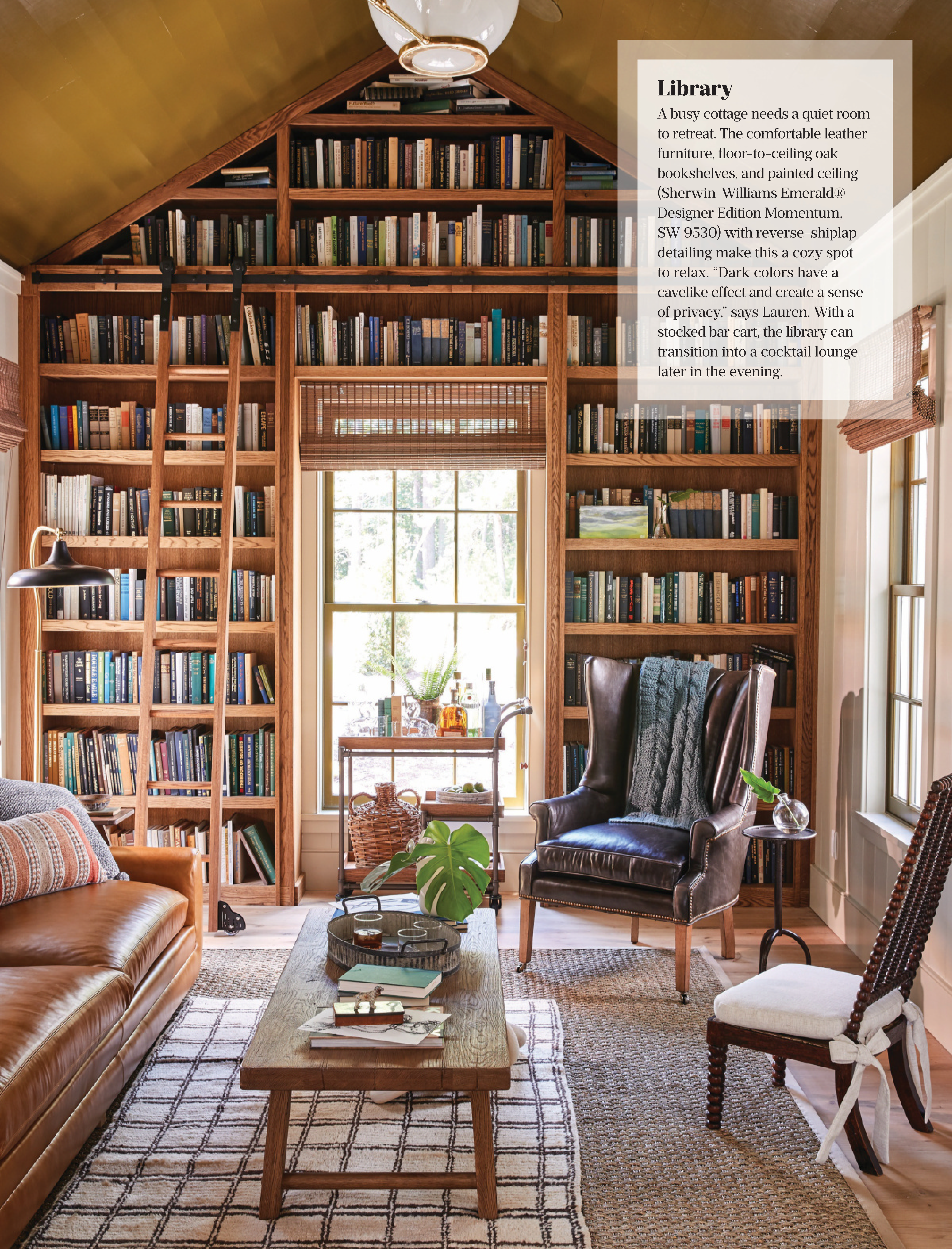
"On a corner lot, the home grabs your attention with its architecture, white lap siding, and metal roof. One visit to The Ramble, and you'll never want to leave!" says Rick.

MEET THE LANDSCAPE DESIGNER

Cloos Landscape Architecture

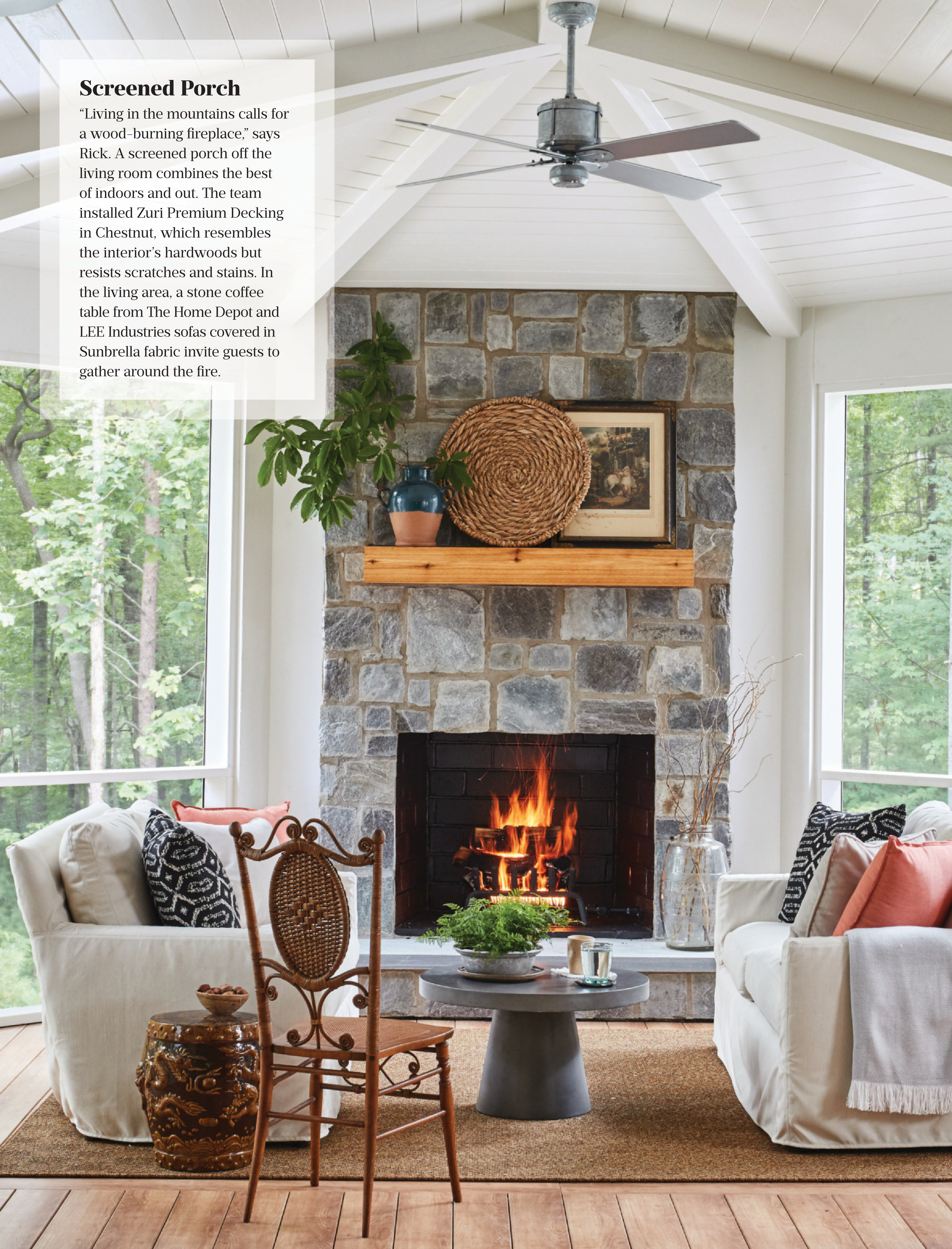
cloos-la.com
HORSE SHOE, NC

"My goal was to use plantings and hardscaping (like stepping-stones and boulder walls) to really accentuate the architecture," says Greg.



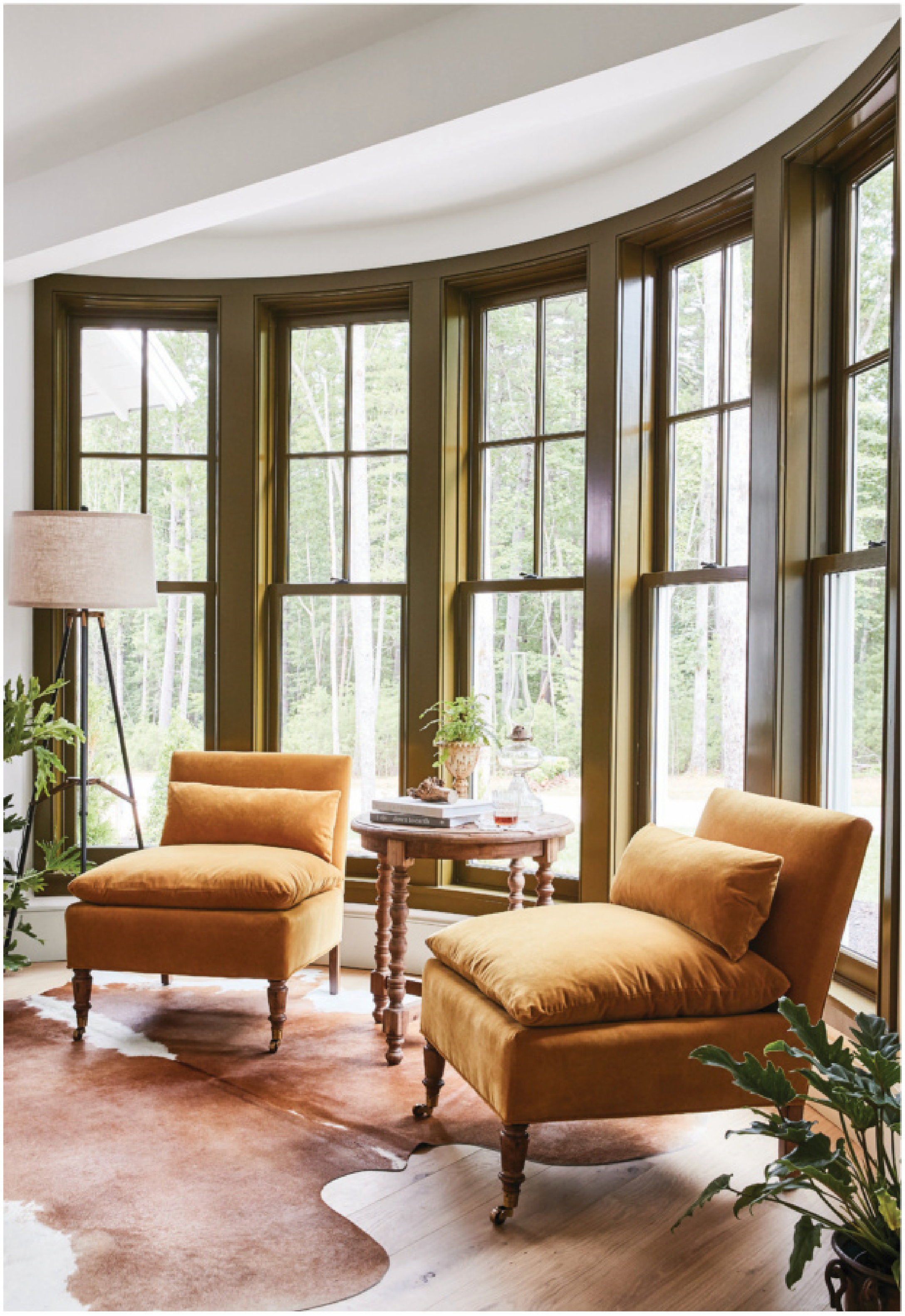
Library

A busy cottage needs a quiet room to retreat. The comfortable leather furniture, floor-to-ceiling oak bookshelves, and painted ceiling (Sherwin-Williams Emerald® Designer Edition Momentum, SW 9530) with reverse-shiplap detailing make this a cozy spot to relax. "Dark colors have a cavelike effect and create a sense of privacy," says Lauren. With a stocked bar cart, the library can transition into a cocktail lounge later in the evening.



Screened Porch

"Living in the mountains calls for a wood-burning fireplace," says Rick. A screened porch off the living room combines the best of indoors and out. The team installed Zuri Premium Decking in Chestnut, which resembles the interior's hardwoods but resists scratches and stains. In the living area, a stone coffee table from The Home Depot and LEE Industries sofas covered in Sunbrella fabric invite guests to gather around the fire.



Sitting Area

Gold velvet chairs (from the designer's collection by Taylor King) encourage passersby to plop down and enjoy the view. "Slipper chairs are comfortable and more noncommittal than armchairs. This is a great sneak-away spot for conversation during a party," Lauren says.

EXTRA TIP

Skip the window treatments for the views—and natural light!

MEET THE ARCHITECTS

Beau Clowney Architects

beauclowney.com
CHARLESTON, SC

"This cottage works for modern living while incorporating the spirit of a turn-of-the-century-style home," says Beau. "We turned the house ever so slightly for a great side view of the first-floor section with the main bedroom and library. As you get closer, the home starts opening up," says Kate.

TOP PORTRAIT: JULIA LYNN

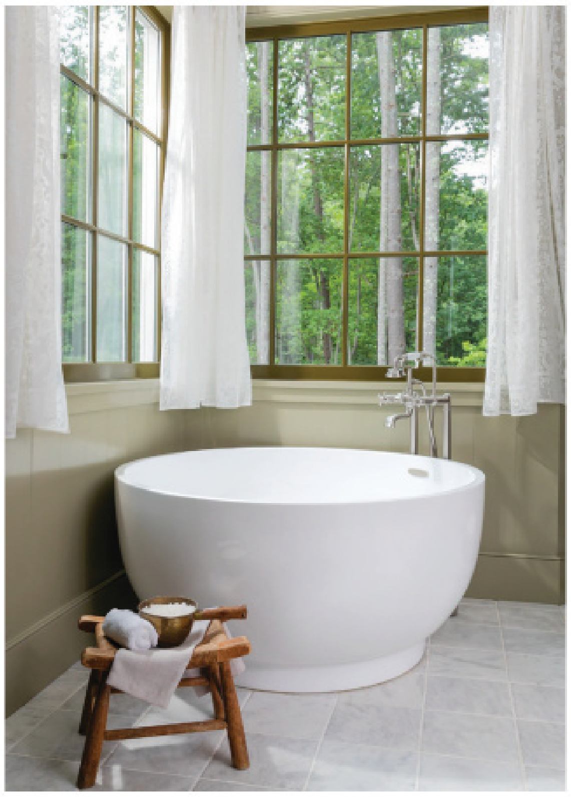
EXPLORE THE COMMUNITY

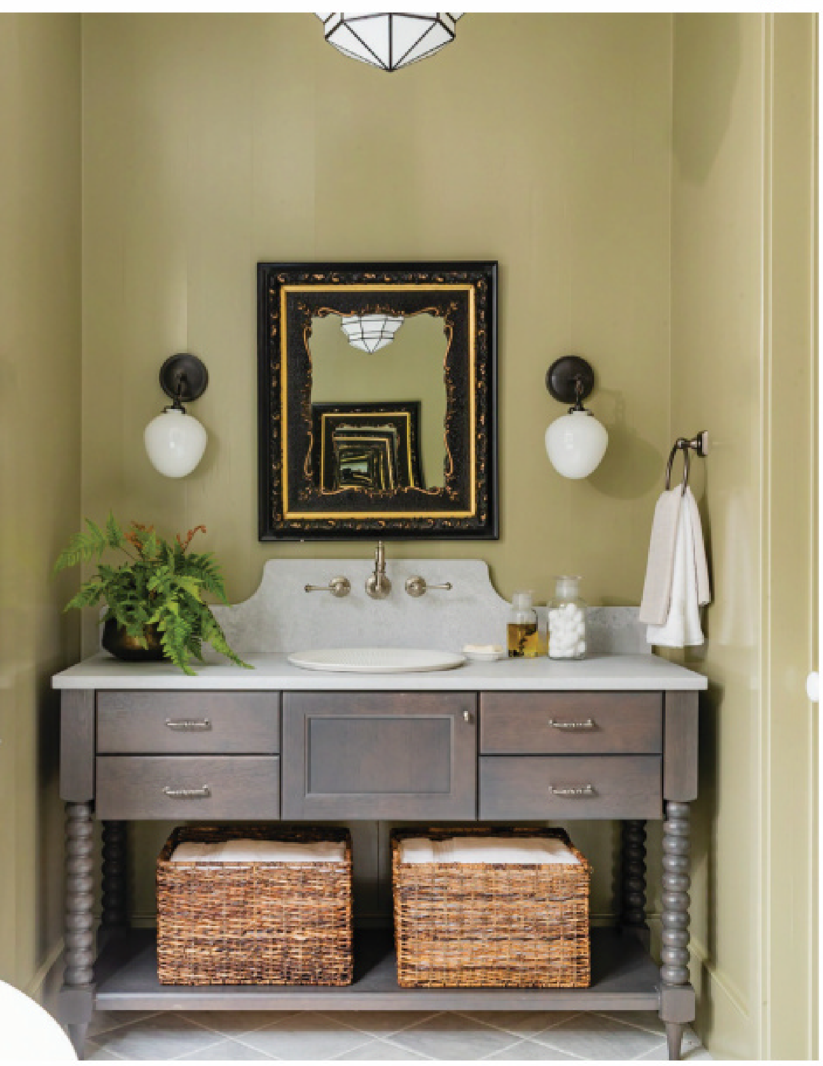
THE RAMBLE BILTMORE FOREST

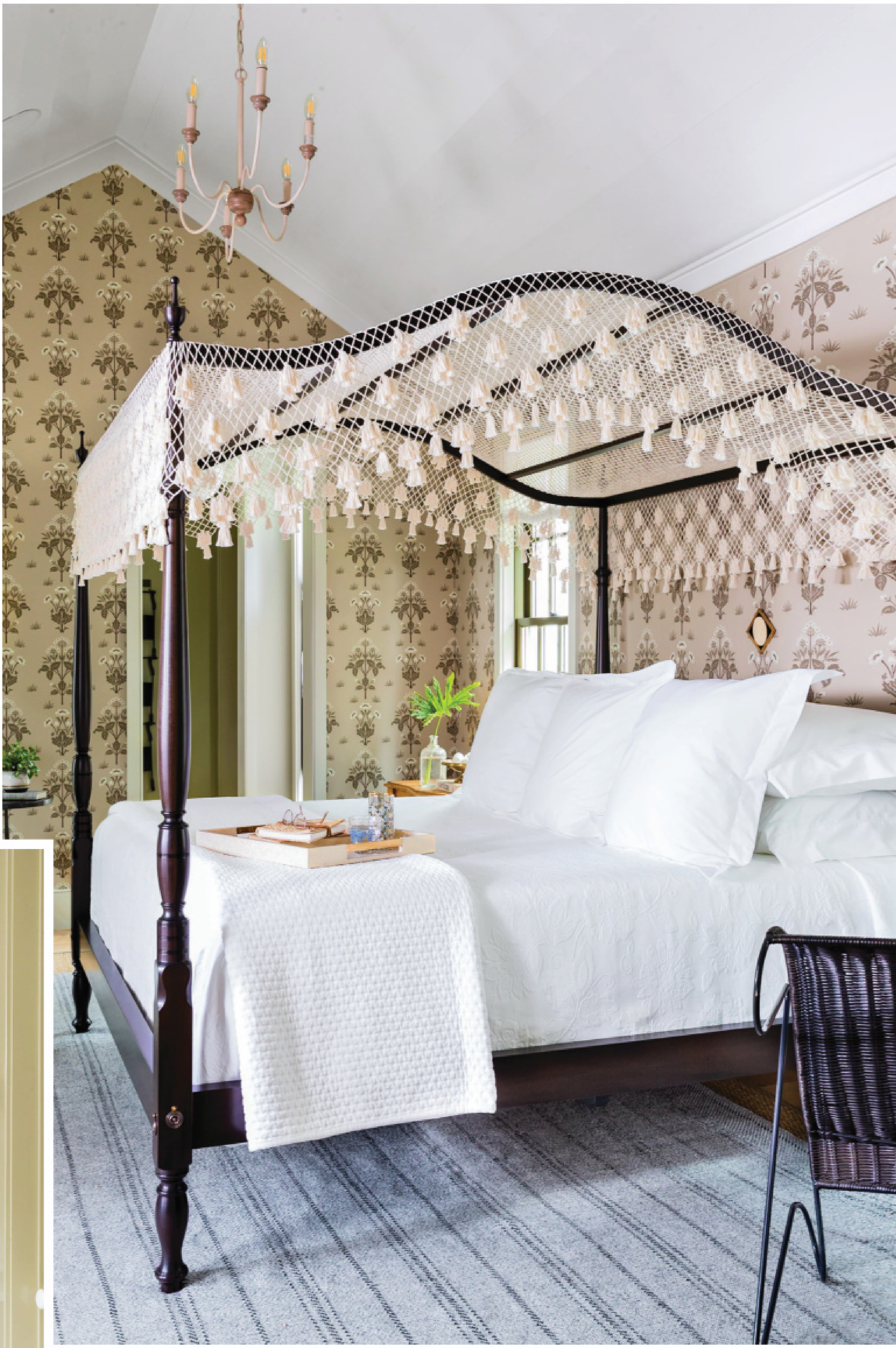
"PRESERVING AND APPRECIATING natural beauty are both fundamental parts of our design," says Brad Galbraith, vice president of community development for The Ramble Biltmore Forest. Its wooded 1,000 acres are nestled into Ducker Mountain, neighboring the Blue Ridge Parkway and Biltmore. To maintain its scenic environs, the community carefully created miles of trails for exploring the area and designated a significant portion of acreage to be permanently preserved as woodlands.

EXTRA TIP

Pair classic white bedding with sculptural furniture and ornate wallpaper.







Main Bedroom

A Reid Classics mahogany canopy bed (topped with bedding from The Home Depot) and Morris & Co. Meadow Sweet wallpaper are historical nods. The bath (painted Sherwin-Williams Emerald® Designer Edition Herbal Wash, SW 7739) features a Japanese soaking tub and twin Wellborn Cabinet, Inc., vanities.

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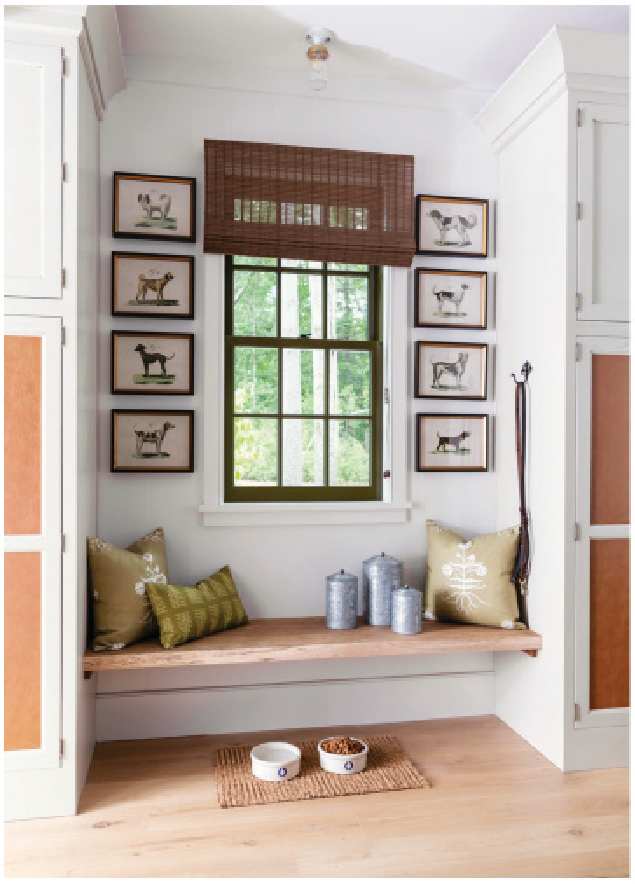
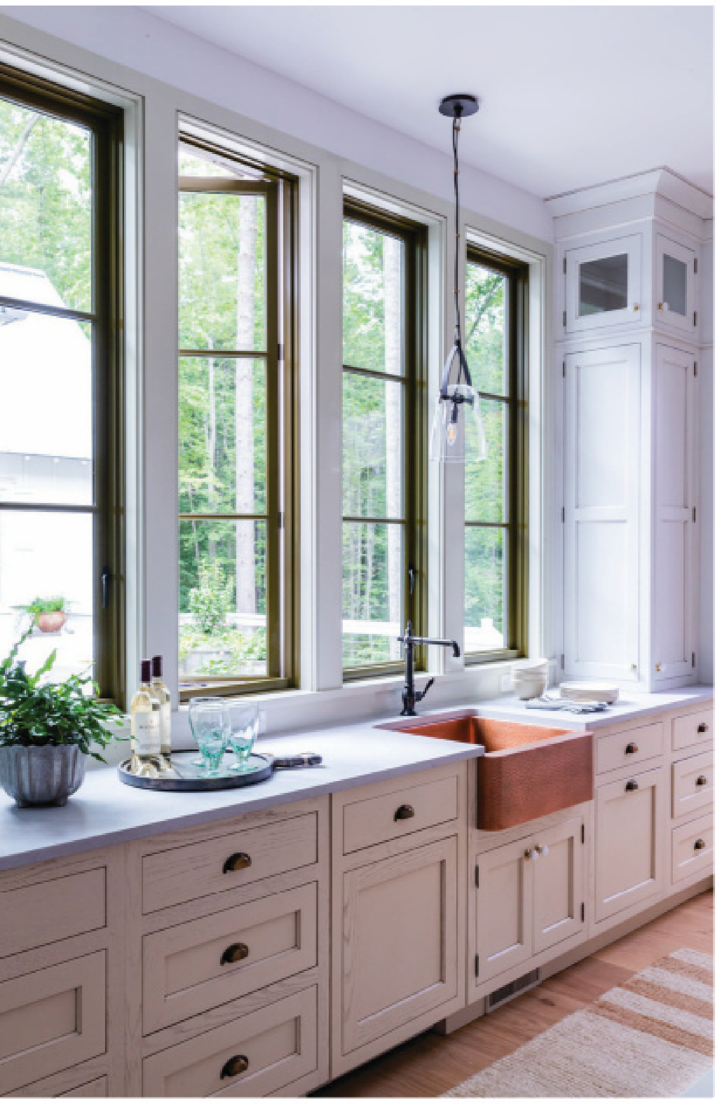
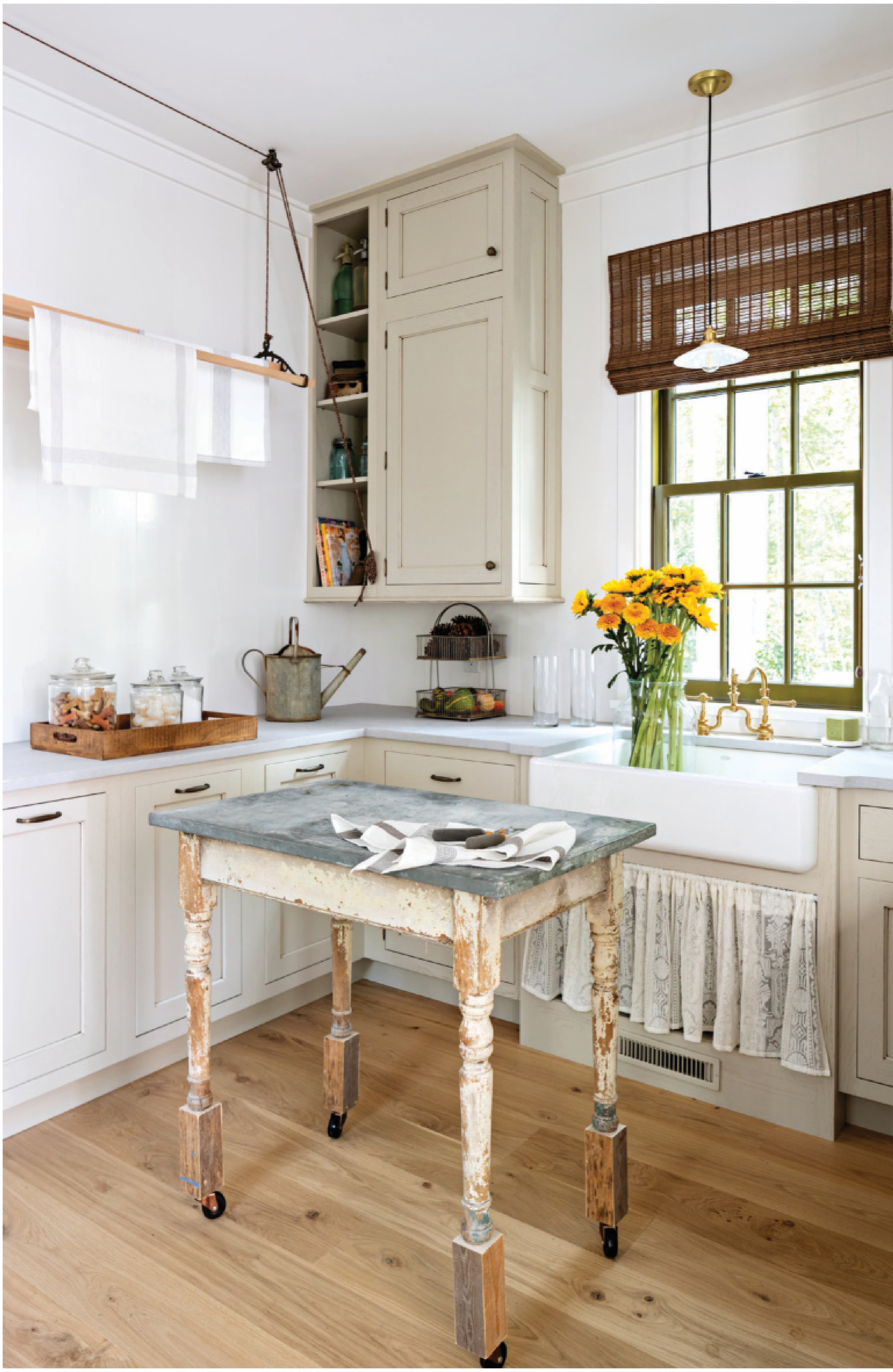


Hardworking Spaces

An apron-front sink, lace curtain, and zinc-topped potting table add farmhouse style, while the vintage drying rack brings a Victorian detail to the laundry and mudroom (top left and below). The galley-style back kitchen (bottom left), with extra pantry and counter space, overlooks the deck.





EXTRA TIP

Turn a nook into an ideal place for pet food, bowls, and leashes (at top).

Room styled by Seeking Alexi

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All in the Details

Statement-making bedrooms and baths

Bunk Room

Built-in beds double as lounging spots and keep the floorspace open.

Guest Bedroom

The Reid Classics bed and moody green walls create a sense of tranquility.

Twin Bedroom

A bold wallpaper "helps form memories of a space," says Lauren of family homes.

Powder Bath

A marble sink and brass sconces liven up this tiny room.

Twin Bath

Textured tiles by Crossville, Inc. on the walls and floor add stunning impact.

Guest Bath

Fixtures with brushed-gold finishes dress up the neutral vanity.

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STYLE GUIDE

Pick a Porch

Open-air hangouts for leisurely living

Back Deck

The sofa and sling chairs (covered in weatherproof Sunbrella fabric) offer front-row forest views. "Outdoor spaces play an important role in mountain living," says Rick.

Firepit

A casual outdoor place to bring family together is always a bonus. Below the deck, wooden Adirondack chairs from The Home Depot surround a stone firepit, and shrubs from the *Southern Living* Plant Collection enhance the backyard's natural landscape.

MORE PHOTOS ONLINE!

The tour doesn't stop here. Visit *southernliving.com/ideahouse* for more never-before-seen photographs and design inspiration from this year's Idea House team.

PLAN AN

ASHEVILLE ESCAPE

OUR WESTERN North Carolina Idea House is in good company. The Asheville area has long been a favorite destination, and the city itself is really thriving. Spots like the **Downtown Asheville Arts District** and the **River Arts District** have transformed this place into a creative hub filled with galleries and studios where working artists design pieces that are inspired by their surroundings. The beer scene is booming too. It's the city's number one calling card thanks to locally run breweries with specialty drafts and tasting rooms.

There's plenty to do in Asheville proper, but the area's most memorable landmark has always been **Biltmore Estate,** which also happens to be the South's favorite castle. The Vanderbilt property hosts a million visitors each year. They check in for luxury stays, explore the gardens and grounds, take tours of the 250-room château-style home, enjoy dining at the estate's 15 restaurants (including spots specializing in Carolina barbecue, fine dining, Appalachian cuisine, and farm-to-table fare), and taste wines from the Biltmore vineyards.

The outdoor adventures continue at nearby **Pisgah National Forest,** which offers countless opportunities for hiking, climbing, and waterfall viewing. **The North Carolina Arboretum,** with its 434 acres of blooming gardens and walking trails, is also close by. There's never a dull moment in Asheville, where every day is an invitation to explore.

—Caroline Rogers

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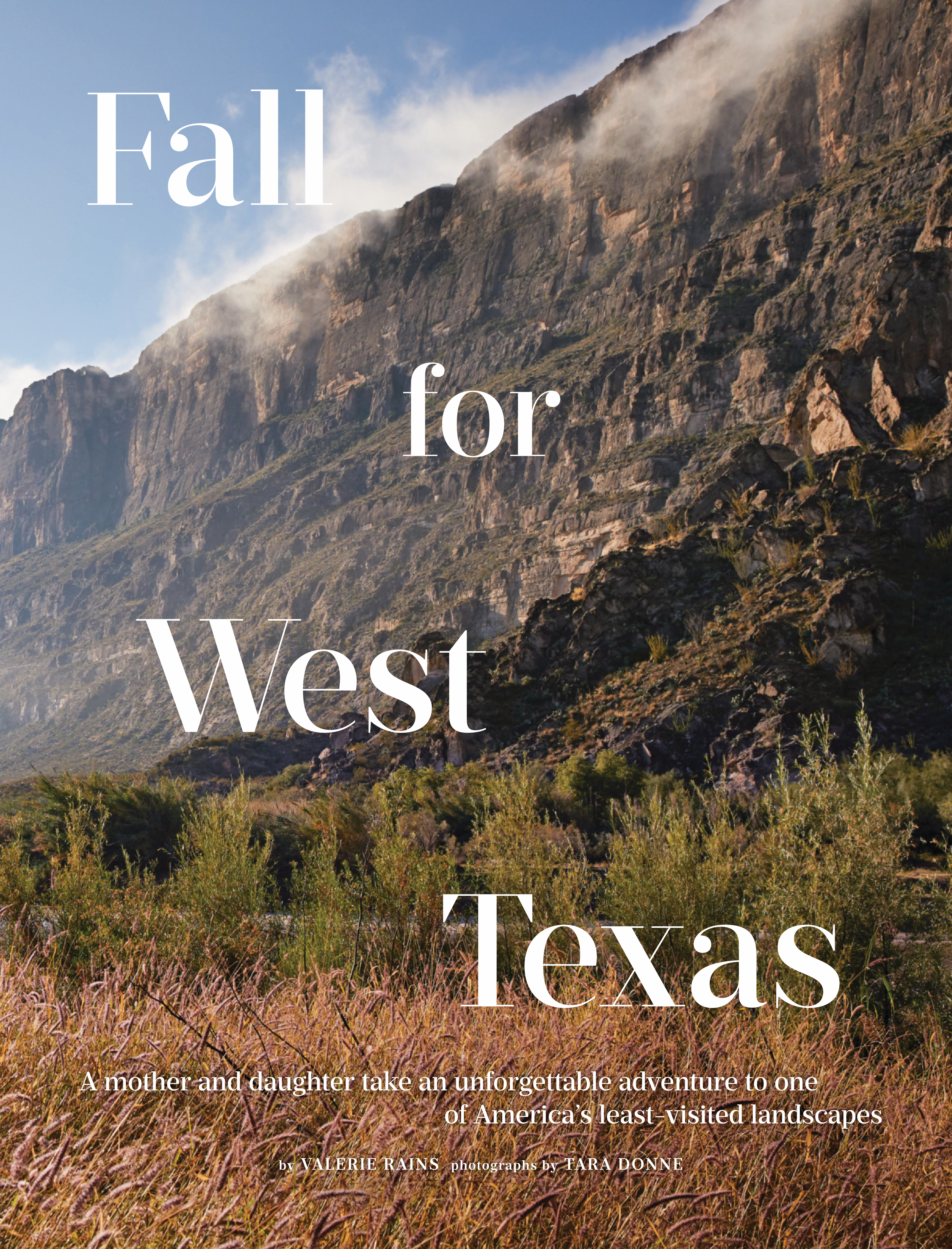
SOULFUL SOLITUDE
Light and shadow color the walls of Santa Elena Canyon.



Fall for West Texas

A mother and daughter take an unforgettable adventure to one of America's least-visited landscapes

by VALERIE RAINS photographs by TARA DONNE

The giddiness sets in about a mile into the Lost Mine Trail,

6,000 feet up in the burnt sienna Chisos Mountains of Big Bend National Park. Beyond the peaks, hundreds of miles of Chihuahuan Desert spread out on every side, yet the trail is bursting with life. Vibrant yellow goldenrod and damianita; spiky-petaled, neon-red mountain sage blossoms; and ghostly white clouds of flowering mountain mahogany crowd the path in bushy abundance. At scenic lookout after scenic lookout, I dawdle in the hot October sun between patches of shade from pinyon pine and oak trees, sharing the views of the deep, green crease of Juniper Canyon and the volcanic ridges of the Chisos range with absolutely no one.

A little farther, a gentle rise in the trail gives way to switchbacks, and I ascend several hundred feet higher for the big panoramic payoff: To my left, minerals and volcanic ash in the rocks have painted a movie screen-size watercolor in lilac, blush, dusty lemon, and the palest aqua on the side of the next mountain over. Straight ahead, a massive rock juts up from the side of the nearest slope, splashed like a Pollock painting with lime green lichen. Behind it, Casa Grande Peak presides over it all, the spitting image of a gently eroded ancient ruin perched at 7,300 feet. It's like I've clambered my way into my own private art museum, and I can't stop marveling at my luck to be here—or snapping photos to share with my travel-buddy mom, Carole, who has decided to rest her knees and browse souvenirs at the Chisos Mountains Lodge more than 1,000 feet below.

All told, I have encountered only a handful of hikers since I left the small (and completely full) parking lot at the trailhead, which is the only visible evidence of the Lost Mine's popularity. Stepping off the path to allow a pair of fellow hikers to pass, I grin like I had personally sculpted the stubbled, carmine-colored crags all around and say, "What a place, right?" The couple smiles back and nods with the patience of longtime visitors whose shared passion for a particular spot has mellowed from the fireworks of first love to the enduring, if less dramatic, devotion of marriage.

With more than 800,000 acres, this is the eighth-largest national park in the continental U.S., but it sees less than half a million annual visitors, making it one of the most sparsely touristed parks in the system. Chalk it up to the remote location, more than 400 miles away from Austin or San Antonio and a three-hour drive from the nearest airport in Midland. Many travelers never come out here, but those who take the trip once tend to make a habit of it, drawn back by Big Bend's distinctive West Texas ecosystem, inimitable character, and welcoming vastness—a contradiction I still can't explain.

Back to the Beginning

My mother and I had embarked on this trip with modest aspirations: to add another national park to each of our life lists and to secure some quiet quality time together, away from the crowds and clamor of my urban routine and the familiar, well-worn grooves of hers. And if we managed to rack up a few Mexican-food feasts and country-radio sing-alongs on the way? Even better.

The shortest drive from Midland, where we had started our trip, to the park's northern entrance is roughly three hours, but we had heard the scenic route through the adjacent Big Bend Ranch State Park was worth the extra mileage, so we plotted a course that would take us there, following the River Road along the Rio Grande and making it to Terlingua, our Big Bend base, by nightfall.

Together, the two parks tip 1,700 square miles and comprise a patchwork of desert, mountains, waterfalls, canyons, open grazing range, and 141 miles of Rio Grande frontage. Both parks possess a stunning beauty that shifts steadily as we roll along over kiddie-coaster hills that make our stomachs swerve. At every turn, the mountains take on a different shape, texture, or hue. Some are stiff skirted and dotted with spiny ocotillo and slim, bristly sotol. Others are sandy and silken, washed in shades of sage, salmon, ivory, and rust. On the horizon, another ridgeline glows rosy pink like the cover of one of my father's beloved paperback Westerns.

At the aptly named Big Hill lookout, we park the car for a bird's-eye view of the shimmering green ribbon of the Rio Grande, snaking its way along the valley floor between the canyon walls. It is around this time that my

MAGICAL MCKITTRICK Catch the canyon's spectacular show in autumn.

CLOCKWISE FROM TOP LEFT

Enjoy a Mexican Style Chile Relleno at 12 Gage Restaurant. The dining room at 12 Gage has Western flair. Tepees are among the lodging options at Basecamp Terlingua. Many Stones offers gems, cacti, and gifts in Terlingua.

mother, who's celebrating her 75th year at the same time as the national park itself, coins the term "wow overload." It's a spontaneous utterance that will come to describe the rest of our days in West Texas, including moments later, when a family of javelinas (bristle-haired, round-bellied creatures with a jaunty gait and a scent to rival the skunk's) crosses the road directly in front of us, with a bouncing baby javelina bringing up the rear.

When we finally pull into the dusty Terlingua Ghost Town, an abandoned mining company turned scruffy tourist enclave, it is nearly dusk and we're happy to have beaten the darkness as we inch up the winding gravel drive to the charming stacked-stone La Posada Milagro Guesthouse. And we're doubly thankful to be within stumbling distance of the Starlight Theatre Restaurant and Saloon, an all-in-one eatery, live-music venue, and de facto community center that has been a gathering spot for decades. The food and entertainment are better than they need to be, with a menu heavy on top-quality steaks from area ranches and a steady stream of local and touring acts performing proper sets on the stage indoors and joining impromptu jam sessions on the front porch almost every night of the week.

Just like that, we fall into a new rhythm: dinners at the Starlight; coffee and egg sandwiches at Espresso Y Poco Mas, Posada Milagro's beloved breakfast haunt down the hill; and exciting daily adventures in the park, with an hour-long scenic drive each way as our commute. And at the end of each deeply satisfying day, from the patio chairs on our cozy casita's pebbled, sunset-facing ledge, we agree that maybe sticking to a routine isn't such a bad thing after all.

ROOM AND A VIEW You can stay in a bubble and take in the incredible West Texas scenery at Basecamp Terlingua.

Paddling the Rio Grande

"Pretty much everything here works its way into the Rio Grande eventually," explains our guide from Big Bend Boating and Hiking, Cassidy William, a twentysomething river runner with a deep tan, a bun, and a moustache. He's talking primarily about the region's wildlife (which may travel hundreds of miles to reach the river) as he narrates the hour-long drive to our put-in site the next morning. But he might just as well have been talking about Mom and me. One of the only musts on our West Texas checklist was a float trip on the Rio Grande, a surefire way to get up close and personal with the Big Bend's defining feature.

At the riverbank, we drag our boats into the water and settle in, me in one kayak, an older solo traveler in another, and my mom riding shotgun in William's canoe—she's called a "bow belle," in river-guide parlance. The water is a pale brown here, like milky tea, and lined with reeds and grasses, some native, some not. We paddle for about an hour, watching migratory birds and yellow and orange butterflies flit along the banks, and I can't help but think back to the family float trips we took in Oklahoma when I was a kid. I imagine my mom traveling to the same place in her mind, smiling at me from across the water.

We break up the trip with a stop at Langford Hot Springs, a rock-walled,

“Many travelers never come out here, but those who take the trip once tend to make a habit of it.”

STARGAZING The view from your Basecamp Terlingua bubble

WESTERN WARES Ring Huggins owns Many Stones, an only-in-Texas gift emporium in Terlingua.

shallow pool set into the river's edge by a homesteader (and Wild West wellness entrepreneur) back in 1909. From here, we set out to stretch our legs on a short hike with sweeping views of the river and Mexico's Sierra del Carmen mountains. As we pick our way among the candelilla and beavertail cacti, pausing to gape at delicate, bright red pictographs drawn as early as 4,000 years ago, the broken shards of limestone shale underfoot make an almost musical sound—high, tinkling notes like an old saloon piano—and I'm reminded just how much quiet we've been immersed in.

After lunch under a thick cluster of palms, our little crew troops over to the spring for a soak, stripping down to our swimsuits and sinking our toes into its muddy floor. Even on a warm, clear day, the hot water feels restorative, and we take turns sliding over the rim that separates the hot spring from the river to perch on a stone ledge in the cool stream while hot water pours in a natural waterfall over our shoulders. It's such a special spot, and so unassuming at the same time, a perfect encapsulation of the West Texas experience—underrated by those who haven't experienced it, treasured by those who have.

The second half of the float feels dialed up a notch: Canyon walls are stacked around us, and ahead, the flat-topped Sierra del Carmens, with their terraced-looking sides, morph into stone pyramids and back again. When William directs us to paddle toward the bank at the end of the trip, I'm reluctant to climb out of the kayak. The rhythms of life measured in the strokes of a paddle can exert a pull you have no desire to escape.

Big Show in a Big Sky

There are no rituals more relished in West Texas than those natural ones that bookend every day, and to miss a sunrise or a sunset is to miss some magic. Each morning in Terlingua, we make time to watch the sun hoist itself over the mountains, shoulders first, and reach its arms across the valley to the Ghost Town hill, lighting up each tumbledown rock house, yurt, and casita in turn. Like the solitary ocotillos that dot the desert, their hopeful fingers outstretched, we wait to be washed in gold.

On our last full day in Big Bend, we've planned to capitalize on another indelibly luminous moment with a late-afternoon outing to one of its marquee attractions, Santa Elena Canyon. The park's very first superintendent, Ross Maxwell, designated the canyon's mouth as the end point of Big Bend's first scenic drive in the mid-20th century. Its status as a must-see was cemented, with good reason: The canyon's sheer limestone walls rise up to 1,500 feet high, with a

RIDE THE RIO GRANDE
Angell Expeditions leads a river adventure in Santa Elena Canyon.

CLOCKWISE FROM TOP LEFT

Roadside art near Marfa honoring the movie *Giant,* filmed in West Texas; fresh, casual fare at Taqueria El Milagro in Terlingua; the Gage Hotel in Marathon; La Posada Milagro Guesthouse in Terlingua width of only 25 feet across at its narrowest point—one rock face in Mexico and one in the U.S., the Rio Grande between them.

We arrive just as the sinking sun has begun to paint the canyon walls coral pink and then remove our shoes to pick our way across Terlingua Creek, which separates the parking lot from the trailhead into the canyon. Up stone stairs and down again, the path leads three-quarters of a mile in, where the imposing walls take on a different character—still majestic but now intimate, almost embracing. A crow calls out and sounds like he could be 2 feet away, though I suspect it's him I see soaring hundreds of feet above me. I imagine him flying over this canyon, following its 7-mile course, calling out to every hiker and rafter he sees and reveling in the perspective he alone enjoys—the sight of the full canyon lit up like a portal to another, even more magical, realm.

Plush Bunkhouse

Having tested our mettle on mountain trails, plied the Rio Grande's waters, and accumulated a decent tally of desert wildlife sightings over the better part of a week, Mom and I are ready for some creature comforts of our own, so we pack up our boots and take a last scenic drive through the park on the way to tiny Marathon. The town's center of gravity is undoubtedly the Gage Hotel, a carefully restored historic property opened in 1927 by wealthy local rancher Alfred Gage. It's our treat to ourselves on our way back to real life.

But first, lunch: fiery, cheesy chicken enchiladas at the go-to Oasis Cafe down the block. The wiry waitress who delivers the dish returns in a moment to ask, "Is it good? Is it spicy?"—two questions that, in my book, might as well always go together. (The delicious answer to both is yes.) Fed and fueled, we make the rounds on Marathon's main drag, perusing stunning large-scale prints of desert storms and moonlit foliage in local photographer James H. Evans' gallery and trying on breezy embroidered tunics in the Gage's gift shop.

By the time we're ready for another meal, the patio at the hotel's well-respected restaurant, 12 Gage, is completely full and every seat in the adjacent (and iconic) White Buffalo Bar is taken. But a corner table in the main dining room awaits, and we linger over spicy tomatillo soup, thick tenderloin, and sweet potato-stuffed chiles rellenos in apricot mole under the watchful eye of the white steer head mounted over the fireplace. When the last plate has been cleared and the last highlight from our time in the park replayed, we are sure of one thing: Tonight, we'll sleep like babies.

One Last Look

Before heading out the next morning, Mom and I have massages at the Gage's modern yet homey spa. Then, together, we walk three blocks to the hotel gardens, a 27-acre park planted with native flora, a small orchard, and herb plots that supply the kitchen at 12 Gage Restaurant. Down a shaded, meandering path we find ourselves in a hedge-walled rose garden, with the last hardy blooms of the season hanging on in a state of elegant decay. The garden, like so much of the trip, feels like a secret whispered just to us, one that chants, "Come back, come back, come back…" In our minds, there is only one suitable reply.

Editor's Note: *COVID-19 may have caused closings or partial closings of some destinations. Please check the status of each place before planning your trip.* SL

SIDE TRIP

MAKE TIME FOR THE WONDERS OF THE GUADALUPE MOUNTAINS

If sunsets and wildflowers aren't enough seasonal hues for you, head for the deciduous-tree-lined canyons of **Guadalupe Mountains National Park,** a three-hour drive from Marathon. Grab a picnic lunch at the well-stocked **French Co. Grocer** in town—the park has no refreshments to speak of—and head northwest. In Alpine, stop by **Taste and See Bakery** for a fresh breakfast (think zucchini bread made with veggies grown on-site) and more goodies for the afternoon.

The timing of peak color varies from year to year and even from one part of the park to another. Head to **McKittrick Canyon,** where vivid foliage cradles hikers in its crayon-box array. (The lower section between Pratt Cabin and the Grotto is particularly spectacular.) If you've missed McKittrick's peak weeks—or arrived too late in the day to get a spot in the trailhead's parking lot—park ranger Michael Haynie recommends hiking **Devil's Hall Trail,** a 3.5-mile out-and-back trek along a white-pebbled wash that terminates in a slot canyon perfect for photo ops. Its colorful corridor tends to turn a bit earlier in the season—and see fewer crowds.

Book a night at the newly renovated **Indian Lodge,** a serene 1930s retreat in crisp white adobe nestled in Davis Mountains State Park. You'll shave about 45 minutes off the return trip and might be able to squeeze in an outing at one of the regular constellation-viewing Star Parties at the world-class **McDonald Observatory,** located just up the road.

THE SWEET SIDE OF CORNMEAL

THE STORY BEHIND AN ALABAMA FAMILY AND THIS HEIRLOOM INGREDIENT

WHEN JAMES LIPSCOMB first planted corn in the fertile soil of Baldwin County, Alabama, in 1875, he had no way of knowing he was sowing his family's legacy as well. Generations of Lipscombs planted this colorful heirloom Indian corn (which was mostly dried and used for cattle feed) until 1987. By that time, the agricultural industry had slowed, and many farmers were forced to either downsize or sell their operations.

The six Lipscomb brothers, all great-grandsons of James, made the decision to stop planting the family corn. Not willing to completely lose their great-grandfather's legacy, one of the brothers, Claude, put about

PHOTOGRAPHS BY ANTONIS ACHILLEOS TEXT BY PATRICIA S. YORK RECIPES BY PAIGE GRANDJEAN

CORNMEAL CRÊPES WITH BLACKBERRIES AND BUTTERMILK CREAM

When the crêpe is almost set, loosen the edges with a small offset spatula and then flip with a fish spatula or your fingers. (recipe, page 109)

a pound of the seed in an old barn freezer where it remained, untouched but not forgotten, for 24 years.

In 2011, three of the brothers, Edward, Claude, and Sheldon, wondered if that old corn seed was still any good after being frozen for so long, so each of them took a handful as an experiment. Sheldon planted 98 kernels, and the family estimates that 96 germinated. For each of the next three years, they grew a little more. In the spring of 2015, Sheldon planted a total of 5 acres of his great-grandfather's corn.

The Lipscomb brothers had always thought about milling it. The same year that Sheldon planted 5 acres, his grandsons, Josh and Jarred Higginbotham, coarsely ground some into speckled meal and used it to make cornbread. "We knew the grinding needed to be perfected more, but we could tell the aroma was different, the taste was different," says Jarred. "We knew we had something unique."

That summer, Josh and Jarred decided to take their cornmeal to the Coastal Alabama Farmers and Fishermans Market in Foley. They sold out the first day. Soon after, they opened Bayou Cora Farms, which also sells grits, corn flour, and fish fry breading.

While Jarred and his twin brother have always had an interest in agriculture and keeping up the family tradition, he says, "We didn't always have this project on the radar." This type of farming—creating a specialty product—is different from their traditional approach, but Jarred says, "It helps support local businesses, keeps heirloom plants going, and shares the stories of the people behind them."

Our Test Kitchen used Bayou Cora Farms products for these four recipes—from a pound cake to crêpes. Order a bag for yourself, and taste the difference. Or simply use your favorite cornmeal to make these seasonal desserts.

PROP STYLING: HEATHER CHADDUCK HILLEGAS; FOOD STYLING: EMILY NABORS HALL

GINGER-FIG TART WITH CORNMEAL CRUST

The creamy, slightly spicy tart filling pairs well with fresh figs or other juicy fruits such as sliced pears and persimmons. (recipe, page 109)

THYME-CORNMEAL POUND CAKE

Fine ground cornmeal gives this cake a nutty, toasty flavor and keeps the crumb tender. Fresh lavender or rosemary can be swapped in for thyme. (recipe, page 110)

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APPLE-AND-PEAR CORNMEAL GALETTE

For a rustic look, toss the apples and pears in the cinnamon-sugar mixture, and spoon over the crust, leaving a 1 ½-inch border. (recipe, page 111)

Cornmeal Crêpes with Blackberries and Buttermilk Cream

ACTIVE 1 HOUR - TOTAL 1 HOUR, 30 MIN., PLUS 2 HOURS CHILLING

SERVES 6

2	**large eggs**
½	**cup all-purpose flour**
½	**cup fine yellow cornmeal or Bayou Cora Farms Heirloom Corn Flour**
1	**tsp. vanilla extract**
1½	**cups whole buttermilk, divided**
⅔	**cup, plus 1½ Tbsp. granulated sugar, divided**
¾	**tsp. kosher salt, divided**
4	**cups fresh blackberries (about 1¼ lb.)**
1	**Tbsp. fresh lemon juice (from 1 lemon)**
1½	**cups heavy cream**
1½	**tsp. canola oil, divided**
	Powdered sugar

1. Process eggs, flour, cornmeal, vanilla, 1 cup of the buttermilk, ⅓ cup of the sugar, and ¼ teaspoon of the salt in a blender until smooth, about 15 seconds. Cover; chill batter at least 2 hours or up to 8 hours (or overnight).

2. Meanwhile, stir together blackberries, lemon juice, ⅓ cup of the sugar, and ¼ teaspoon of the salt in a small saucepan. Cook over medium, stirring occasionally, until berries begin to break down and mixture thickens slightly, 30 to 35 minutes. Remove from heat; cool at room temperature until ready to serve (at least 30 minutes or up to 4 hours).

3. Beat heavy cream and remaining 1½ tablespoons sugar and ¼ teaspoon salt with a stand mixer fitted with a whisk attachment on medium speed until soft peaks form, about 2 minutes. Gradually add remaining ½ cup buttermilk, beating until medium peaks form, about 30 seconds. Cover and chill until ready to assemble crêpes (up to 4 hours).

4. Heat an 8-inch nonstick skillet over medium-low. Brush skillet lightly with ⅛ teaspoon of the oil; pour about 2½ tablespoons batter into skillet. Quickly tilt skillet in all directions so batter covers bottom of skillet. Cook until crêpe is almost set and can be shaken loose from skillet, about 1½ minutes. Flip crêpe, and cook 30 seconds. Remove from skillet. Repeat process with remaining oil and batter to yield 12 crêpes.

5. Spread about 3 tablespoons buttermilk cream over 1 half of each crêpe. Fold crêpes into quarters, and arrange evenly on 6 plates. Top each serving with about ¼ cup blackberry compote. Garnish with powdered sugar; serve immediately.

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HOW TO ORDER HEIRLOOM CORNMEAL

Order Bayou Cora Farms cornmeal or corn flour for baked goods, or try some grits or fish fry batter. All products are $5 per pound at *bayoucorafarms.com.*

Ginger-Fig Tart with Cornmeal Crust

ACTIVE 20 MIN. - TOTAL 20 MIN., PLUS 3 HOURS CHILLING

SERVES 10

4	**large egg yolks**
2	**Tbsp. cornstarch**
1½	**cups whole milk, divided**
¾	**cup granulated sugar**
1	**tsp. grated fresh ginger (from 1 [2-inch] piece)**
¼	**tsp. kosher salt**
¼	**cup unsalted butter**
	Cornmeal Crust (recipe follows)

1
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8	**oz. fresh figs, quartered (about 2 cups)**

1. Whisk together egg yolks, cornstarch, and ¼ cup of the milk in a medium bowl until smooth.

2. Stir together sugar, ginger, salt, and remaining 1¼ cups milk in a small saucepan. Cook over medium, stirring occasionally, until sugar is dissolved and mixture is hot but not boiling, about 4 minutes. Slowly and gradually add milk mixture to egg mixture, whisking constantly; return mixture to pan. Cook over medium, whisking constantly, until custard thickens and bubbles, 3 to 4 minutes. Remove from heat, and whisk in butter.

3. Pour custard mixture through a fine mesh strainer into cooled Cornmeal Crust; discard solids. Smooth custard top with a small offset spatula, and press plastic wrap directly onto surface to cover. Chill until set, at least 3 hours or up to 2 days. When ready to serve, arrange figs on top of tart.

Cornmeal Crust

ACTIVE 10 MIN. - TOTAL 1 HOUR,
PLUS 1 HOUR COOLING

MAKES 1 (9-INCH) ROUND TART SHELL

⅔	**cup all-purpose flour**
⅓	**cup unsifted powdered sugar**
⅓	**cup fine yellow cornmeal or Bayou Cora Farms Heirloom Corn Meal**
¼	**tsp. kosher salt**
6	**Tbsp. cold unsalted butter, cut into ½-inch pieces**
2	**large egg yolks**

1. Lightly coat a 9-inch round fluted tart pan with removable bottom with cooking spray. Pulse flour, powdered sugar, cornmeal, and salt in a food processor until well combined, about 5 pulses. Add butter; pulse until mixture resembles small peas, about 10 pulses. Add egg yolks; process until mixture is evenly moistened and crumbly, about 10 seconds.

2. Transfer mixture to prepared tart pan; firmly press mixture into bottom and up sides of pan. Chill until firm, about 30 minutes. Meanwhile, preheat oven to 350°F.

3. Bake in preheated oven until golden brown, 20 to 22 minutes. Transfer tart shell to a wire rack (still in pan); cool completely, about 1 hour.

Thyme-Cornmeal Pound Cake

ACTIVE 20 MIN. - TOTAL 1 HOUR, 50 MIN.,
PLUS 1 HOUR COOLING

SERVES 10

1¼	**cups granulated sugar**
½	**cup unsalted butter, softened, plus more for pan**
3	**large eggs**
1	**cup all-purpose flour, plus more for pan**
½	**cup fine yellow cornmeal or Bayou Cora Farms Heirloom Corn Meal**
½	**tsp. kosher salt**
⅛	**tsp. baking soda**
½	**cup sour cream**
1	**tsp. lemon zest, plus 2 Tbsp. fresh juice (from 1 lemon), divided**
1	**tsp. finely chopped fresh thyme, plus thyme sprigs for garnish**
2	**cups unsifted powdered sugar**
2 to 3	**Tbsp. whole milk, as needed**

1. Preheat oven to 325°F. Grease a 9- x 5-inch loaf pan with butter, and dust with flour; set aside. Beat granulated sugar and butter with a stand mixer fitted with a paddle attachment on medium speed until light and creamy, 5 to 6 minutes. Add eggs 1 at a time, beating until just incorporated after each addition.

2. Stir together flour, cornmeal, salt, and baking soda in a bowl. Add flour mixture to butter mixture in 3 additions alternately with sour cream, beginning and ending with flour mixture, beating on low speed until just combined after each addition. Stir in lemon zest, chopped thyme, and 1 tablespoon of the lemon juice. Pour batter into prepared loaf pan; smooth top.

3. Bake in preheated oven until cake is golden brown and a wooden pick inserted in center comes out clean, 1 hour to 1 hour, 10 minutes. Let cool in pan on a wire rack 10 minutes. Remove cake from pan; cool completely on a wire rack, about 1 hour.

4. Whisk together powdered sugar, 2 tablespoons of the milk, and remaining 1 tablespoon lemon juice in a small bowl, whisking in an additional 1 tablespoon milk, 1 teaspoon at a time, until desired consistency is reached. Spoon glaze over cooled cake. Let stand 20 minutes. Garnish with thyme sprigs.

Apple-and-Pear Cornmeal Galette

ACTIVE 30 MIN. - TOTAL 1 HOUR, 35 MIN., PLUS 2 HOURS CHILLING

SERVES 8

1½	**cups all-purpose flour**
1	**cup, plus 1 Tbsp. fine yellow cornmeal or Bayou Cora Farms Heirloom Corn Flour, divided**
¼	**cup, plus 2 Tbsp. granulated sugar, divided**
1¼	**tsp. kosher salt, divided**
1	**cup cold unsalted butter, cut into ½-inch pieces**
4 to 6	**Tbsp. ice water, as needed**
2	**medium (about 1 lb. total) Fuji apples, peeled, cored, and cut into ¼-inch-thick slices**
2	**large (about 1 lb. total) green Anjou pears, peeled, cored, and cut into ¼-inch-thick slices**
½	**tsp. ground cinnamon**
1	**large egg, beaten**
1	**Tbsp. turbinado sugar**
2	**Tbsp. apple jelly**
	Vanilla ice cream

1. Pulse flour, 1 cup of the cornmeal or corn flour, 2 tablespoons of the granulated sugar, and 1 teaspoon of the salt in a food processor until combined, about 5 pulses. Add butter pieces, and pulse until mixture resembles small peas, 10 to 12 pulses. With food processor running, gradually add 4 tablespoons ice water, processing until mixture is evenly moistened and just starts to clump together, about 15 seconds. If needed, add remaining 2 tablespoons ice water, 1 tablespoon at a time, pulsing 3 to 5 times to combine after each addition. Turn out dough onto a clean work surface, and knead gently to just bring dough together, 3 to 4 times. Shape into a disk, and wrap tightly in plastic wrap. Chill dough at least 2 hours or up to 2 days.

2. Preheat oven to 425°F with rack in lower third position. Let dough stand at room temperature until slightly softened, about 10 minutes. Unwrap dough, and place between 2 sheets of parchment paper. Roll into a 12- x 14-inch oval (about ¼ inch thick). If desired, trim edges for smooth sides. Transfer dough (still between parchment paper) to a large baking sheet.

3. Remove top sheet of parchment paper from dough. Sprinkle dough evenly with remaining 1 tablespoon cornmeal or corn flour. Arrange sliced apples and pears, overlapping slightly, on top of dough, leaving a 1½-inch border.

4. Stir together cinnamon and remaining ¼ cup granulated sugar and ¼ teaspoon salt in a small bowl. Sprinkle cinnamon-sugar mixture over apple-pear filling. Fold edges of dough up and over filling, pleating or overlapping dough as needed. Lightly brush crust edges with beaten egg; then sprinkle evenly with turbinado sugar. Chill 15 minutes.

5. Bake in preheated oven until crust is golden brown and fruit is tender, 28 to 32 minutes. Transfer galette (still on parchment paper) to a wire rack. Cool slightly, about 10 minutes.

6. Microwave apple jelly in a small microwaveable bowl on HIGH until melted and smooth, about 25 seconds. Brush melted apple jelly over galette filling. Slice galette with a serrated knife while it is still warm. Serve slices topped with ice cream. SL

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THE SL KITCHEN

THE SECRETS OF SOUTHERN COOKING

Baked Ziti and Meatballs, recipe, page 119

QUICK FIX

Pasta Pronto!

Enjoy gooey cheese, bubbling sauce, and tender noodles in 30 minutes or less

RECIPES AND TEXT BY **LISA CERICOLA** AND **PATRICIA S. YORK**
PHOTOGRAPHS BY **ANTONIS ACHILLEOS**

Sheet Pan Butternut Squash Mac and Cheese

ACTIVE 20 MIN. - TOTAL 30 MIN.

SERVES 6

- **2 Tbsp. unsalted butter**
- **2 Tbsp. all-purpose flour**
- **2 cups whole milk, warmed**
- **12 oz. extra-sharp Cheddar cheese, shredded (about 3 cups)**
- **1 cup canned butternut squash or pumpkin (from 1 [15-oz.] can)**
- **¼ tsp. black pepper**
- **¾ tsp. kosher salt, divided**
- **3 (8.5-oz.) pkg. precooked microwaveable pasta (such as Barilla Ready Pasta)**
- **½ cup panko breadcrumbs**
- **1 ½ Tbsp. extra-virgin olive oil**
- **1 tsp. minced fresh rosemary, plus more for garnish**

1. Preheat oven to 400°F. Coat a 15- x 10-inch rimmed baking sheet with cooking spray, and set aside. Melt butter in a large saucepan over medium; whisk in flour until smooth, and cook, whisking constantly, 1 minute. Gradually whisk in warm milk until smooth, and bring to a simmer, whisking occasionally. Cook, whisking often, until slightly thickened, about 5 minutes. Gradually whisk in cheese, squash, pepper, and ½ teaspoon of the salt until smooth.

2. Remove pan from heat, and stir in pasta until fully coated. Spoon pasta mixture into prepared baking sheet in even layer. Bake in preheated oven until bubbly, about 8 minutes.

3. Meanwhile, stir together breadcrumbs, olive oil, rosemary, and remaining ¼ teaspoon salt in a small bowl. Remove pasta mixture from oven, and increase oven temperature to broil. Sprinkle breadcrumb mixture evenly over pasta mixture, and broil on center oven rack in preheated oven until bubbly and golden brown, 1 to 2 minutes. Garnish with rosemary.

SIMPLE SWAP

If you can't find canned butternut squash puree at the supermarket, use canned pumpkin puree instead. Make sure that it's pure pumpkin, not pumpkin pie filling, which contains sugar and spices.

HOME MADE WHAT'S COOKING WITH Southern Living 2020

PROP STYLING: CHRISTINE KEELY; FOOD STYLING: EMILY NABORS HALL

THE QUICKEST NOODLES

Fresh refrigerated linguine has a shorter cook time than dry pasta, which allows this dish to come together quickly. Don't worry about the large amount of liquid in the pan. As the pasta cooks, starch will be drawn out to thicken the sauce.

Baked Linguine with Spicy Tomato-Cream Sauce

ACTIVE 20 MIN. - TOTAL 20 MIN.

SERVES 6

3 Tbsp. unsalted butter
2 garlic cloves, finely chopped (about 2 tsp.)
¼ tsp. crushed red pepper
1 (14.5-oz.) can diced fire-roasted tomatoes, undrained
1 cup heavy whipping cream
½ tsp. black pepper
1 ¼ tsp., plus ⅛ tsp. kosher salt, divided
2 (9-oz.) pkg. refrigerated linguine (such as Buitoni)
6 oz. pre-shredded Italian 6-cheese blend, (about 1 ½ cups), divided
1 pt. cherry tomatoes, halved (about 2 cups)
1 tsp. extra-virgin olive oil
Torn fresh basil leaves, for garnish

1. Preheat oven to broil with oven rack about 4 inches from heat. Melt butter in a 12-inch ovenproof skillet over medium. Add garlic and red pepper, and cook, stirring constantly, until fragrant, about 1 minute. Add diced tomatoes, and cook, stirring occasionally, 5 minutes. Stir in 1 ¾ cups water, heavy cream, black pepper, and 1 ¼ teaspoons of the salt; bring to a simmer. Stir in pasta. Cook, stirring constantly, until pasta is tender, about 2 minutes. Reduce heat to low; stir in ¾ cup of the cheese until melted and pasta is fully coated. Sprinkle with remaining ¾ cup cheese.

2. Broil in preheated oven until sauce is bubbly and cheese is golden brown, about 2 minutes. Meanwhile, stir together cherry tomatoes, olive oil, and remaining ⅛ teaspoon salt in a small bowl. Spoon tomato mixture over pasta; garnish with basil.

PICK THIS PEPPER

Peppadew is the brand name of the piquanté pepper, which is small, round, and pickled in a sweet-and-spicy brine. Look for this type in the olive bar in your grocery store's deli section, or use jarred sweet cherry peppers.

Chicken-and-Broccoli Skillet Pasta

ACTIVE 30 MIN. - TOTAL 30 MIN.

SERVES 8

- 6 thick-cut bacon slices, chopped (about 1 cup)
- 2 Tbsp. unsalted butter
- 2 garlic cloves, minced (about 2 tsp.)
- 6 Tbsp. all-purpose flour
- 3 cups chicken broth
- 1 cup heavy whipping cream
- ½ tsp. kosher salt
- ½ tsp. black pepper
- 1 (15-oz.) pkg. frozen broccoli florets, thawed
- 8 oz. Parmesan cheese, shredded (about 2 cups)
- 2 oz. Monterey Jack cheese, shredded (about ½ cup)
- 1 (12-oz.) pkg. wide egg noodles, cooked according to package directions
- 3 cups shredded cooked chicken (from 1 rotisserie chicken)
- ½ cup chopped Peppadew or sweet cherry peppers (from a [16-oz.] jar)
- ½ cup panko breadcrumbs

1. Preheat oven to broil with oven rack 6 inches from heat. Heat a 12-inch ovenproof skillet over medium. Add bacon, and cook, stirring often, until crisp, about 10 minutes. Using a slotted spoon, transfer bacon to a plate lined with paper towels, reserving 2 tablespoons bacon drippings in skillet.

2. Add butter and garlic to hot drippings in skillet. Cook, stirring constantly, until fragrant, about 1 minute. Whisk in flour, and cook, whisking constantly, 2 minutes. Gradually whisk in chicken broth, cream, salt, and pepper until smooth. Bring to a simmer over medium-high, whisking occasionally. Stir in broccoli. Cook, stirring occasionally, until sauce is slightly thickened, about 7 minutes.

3. Remove from heat; stir in cheeses until smooth. Stir in cooked pasta, chicken, peppers, and half the reserved bacon. Sprinkle with breadcrumbs. Broil in preheated oven until lightly toasted, 1 to 2 minutes. Sprinkle with remaining bacon.

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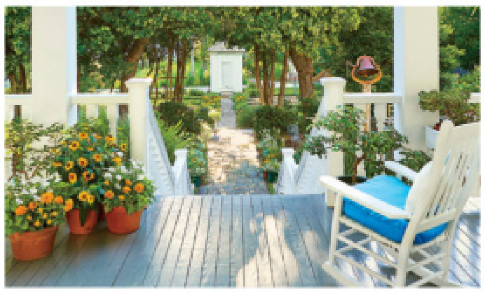

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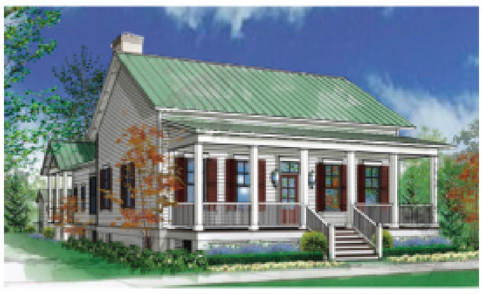

SOUTHERN LIVING SHOWCASE HOME: OPEN HOUSE IN HABERSHAM

Built by *Southern Living* Custom Builder member Allen Patterson Builders, and interiors by K. Lo Style & Design, The Loudon will be open for tours in November—We invite you to tour this lovely, Lowcountry cottage in the coastal town of Habersham, in Beaufort, SC.

HabershamSC.com/showcase-home

THICK-SAUCE POINTERS

Let the mushrooms cook all the way to allow excess moisture to evaporate. Use a mixture of heavy cream and whole milk for added richness.

Baked Tortellini Alfredo with Mushrooms

ACTIVE 15 MIN. - TOTAL 25 MIN.

SERVES 4

- ¼ cup unsalted butter
- 1 (8-oz.) pkg. cremini mushrooms, sliced (4 cups sliced)
- 2 garlic cloves, minced (about 2 tsp.)
- 1 cup heavy whipping cream
- ½ cup whole milk
- ½ tsp. kosher salt
- ¼ tsp. black pepper
- ¼ tsp. ground nutmeg
- 8 oz. Parmesan cheese, finely shredded (about 2 cups), divided
- 2 (8-oz.) pkg. refrigerated three-cheese tortellini (such as Buitoni), cooked according to pkg. directions
- 2 Tbsp. chopped fresh flat-leaf parsley

1. Preheat oven to broil with rack 8 inches from heat. Melt butter in a 10-inch ovenproof skillet over medium. Add mushrooms in even layer, and cook, undisturbed, 4 minutes. Stir and continue cooking, stirring occasionally, until golden brown, about 4 minutes. Stir in garlic. Cook, stirring constantly, until fragrant, about 1 minute.

2. Stir in cream and milk; bring to a simmer over medium, stirring occasionally. Cook, stirring often, until slightly thickened, about 8 minutes. Stir in salt, pepper, nutmeg, and 1 ¾ cups of the Parmesan until smooth.

3. Stir in cooked tortellini until coated. Sprinkle with remaining ¼ cup Parmesan. Broil in preheated oven until sauce is bubbly and cheese is light golden brown, 3 to 5 minutes. Sprinkle with parsley.

SECRET INGREDIENT
Sugar is often added to tomato sauce to help balance acidity. This recipe uses fresh orange juice instead for sweet citrus notes that boost the flavor of the marinara.

Baked Ziti and Meatballs

ACTIVE 10 MIN. - TOTAL 30 MIN.

SERVES 8

- **1 (16-oz.) pkg. ziti, cooked according to pkg. directions for al dente**
- **2 (24-oz.) jars marinara sauce**
- **2 (14-oz.) pkg. frozen home-style beef meatballs, thawed**
- **1 (8-oz.) pkg. cremini mushrooms, sliced (about 4 cups)**
- **2 cups baby spinach**
- **1 cup chopped pepperoni**
- **½ cup fresh orange juice (about 1 large orange)**
- **4 oz. mozzarella cheese, shredded (about 1 cup)**
- **Fresh basil leaves, for garnish**

1. Preheat oven to 450°F. Coat a 13- x 9-inch baking dish with cooking spray. Line a large rimmed baking sheet with aluminum foil, and place baking dish on prepared baking sheet. Stir together pasta, marinara sauce, meatballs, mushrooms, spinach, pepperoni, and orange juice in baking dish.

2. Bake in preheated oven 10 minutes. Sprinkle with cheese, and continue baking until cheese is melted and pasta is thoroughly heated, about 10 minutes. Garnish with basil. SL

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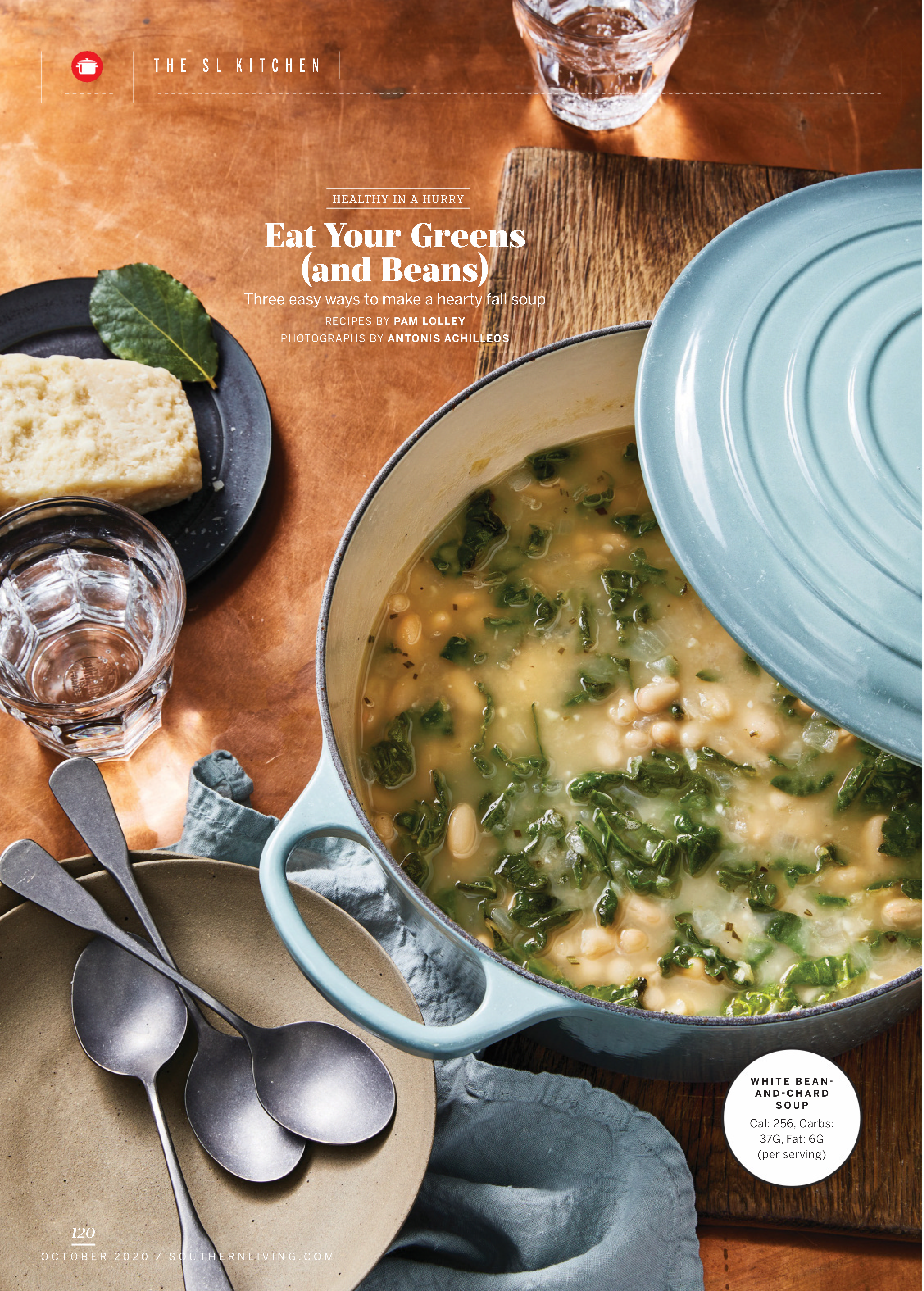

HEALTHY IN A HURRY

Eat Your Greens (and Beans)

Three easy ways to make a hearty fall soup

RECIPES BY **PAM LOLLEY**
PHOTOGRAPHS BY **ANTONIS ACHILLEOS**

WHITE BEAN-AND-CHARD SOUP

Cal: 256, Carbs: 37G, Fat: 6G (per serving)

PROP STYLING: CHRISTINE KEELY; FOOD STYLING: EMILY NABORS HALL

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White Bean-and-Chard Soup

ACTIVE 40 MIN. - TOTAL 40 MIN.

SERVES 6

- **2 Tbsp. olive oil**
- **1 small yellow onion, chopped (1 ½ cups)**
- **2 garlic cloves, finely chopped (1 Tbsp.)**
- **1 tsp. finely chopped fresh rosemary**
- **¾ tsp. kosher salt**
- **½ tsp. black pepper**
- **3 (15-oz.) cans lower-sodium cannellini beans, drained and rinsed**
- **4 cups lower-sodium chicken broth**
- **1 dried bay leaf**
- **3 cups packed roughly chopped Swiss chard (stems and ribs removed; from 1 [8-oz.] bunch)**
- **Shaved Parmesan cheese**

1. Heat oil in a Dutch oven over medium-high. Add onion. Cook, stirring occasionally, until softened and translucent, 5 to 7 minutes. Add garlic, rosemary, salt, and pepper. Cook, stirring constantly, 1 minute. Add beans, broth, and bay leaf.

2. Bring mixture to a boil over high. Reduce heat to low; simmer, stirring occasionally, 15 minutes. Remove and discard bay leaf.

3. Ladle 2 cups mixture into a blender. Secure lid on blender, and remove center piece to allow steam to escape. Place a clean towel over opening. Process until completely smooth, 1 minute. Return pureed mixture to remaining soup in saucepan, and bring to a simmer over medium-high.

4. Stir in chard. Cook, stirring often, until wilted and slightly softened, 2 to 3 minutes. Garnish with Parmesan.

WHITE BEAN SOUP WITH PASTA AND SAUSAGE

Cal: 284, Carbs: 38G, Fat: 8G (per serving)

CREAMY WHITE BEAN-AND-CHARD SOUP

Cal: 391, Carbs: 49G, Fat: 10G (per serving)

Tasty Spin-Offs

Creamy White Bean-and-Chard Soup

Proceed with Steps 1 and 2 as directed above. Add chard to Dutch oven. Cook over low, stirring occasionally, until chard is very tender and wilted, about 6 minutes. Working in 2 batches, ladle entire mixture into a blender as directed in Step 3; process until smooth, 2 to 3 minutes per batch. Return pureed soup to Dutch oven, and bring to a simmer over medium-high. Stir together ⅓ cup **sour cream** and 1 Tbsp. **whole milk** in a bowl. Top servings with sour cream mixture; garnish with chopped **fresh chives** and **crushed red pepper.**

White Bean Soup with Pasta and Sausage

Proceed with Step 1 as directed above, adding 1 (13-oz.) pkg. **smoked turkey kielbasa** (Polish sausage), cut into half-moons, to Dutch oven with onion and adding only 2 cans of beans with broth and bay leaf. Proceed with Step 2 as directed, adding ½ cup uncooked **ditalini pasta** to simmering mixture after about 8 minutes. Skip Step 3. Proceed with Step 4 as directed. SL

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OVER EASY

Smart Cookies

Start your day with a good-for-you treat that will keep you going all morning long

RECIPE BY **JASMINE SMITH** | PHOTOGRAPH BY **ANTONIS ACHILLEOS**

Breakfast Cookies

ACTIVE 20 MIN. - TOTAL 1 HOUR, PLUS 1 HOUR COOLING

MAKES 20

2	cups uncooked old-fashioned regular rolled oats
2	cups toasted pecan halves, chopped
1	cup dried cranberries
⅔	cup whole wheat pastry flour
2	tsp. ground cinnamon
1	tsp. baking powder
1	tsp. kosher salt
½	tsp. baking soda
2	large eggs, beaten
1	cup creamy almond butter
1	cup unsweetened applesauce
1	cup packed dark brown sugar
1	tsp. vanilla extract

1. Preheat oven to 350°F. Line 2 baking sheets with parchment paper. Stir together oats, pecans, cranberries, flour, cinnamon, baking powder, salt, and baking soda in a medium bowl until well combined.

2. Whisk together eggs, almond butter, applesauce, sugar, and vanilla in a large bowl until smooth. Add oat mixture; stir until just combined.

3. Scoop cookie dough by ¼ cupfuls, spaced 2 inches apart, onto prepared baking sheets. Bake in preheated oven in 2 batches until edges are light brown (cookies will still be soft), 16 to 18 minutes per batch. Remove from oven, and cool 10 minutes on baking sheet. Transfer to a wire rack, and cool completely, 1 hour. Store cookies in an airtight container up to 1 week. SL

PROP STYLING: CHRISTINE KEELY; FOOD STYLING: EMILY NABORS HALL

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COOKING SL SCHOOL

TIPS AND TRICKS FROM THE SOUTH'S MOST TRUSTED KITCHEN

TEST KITCHEN TIPS

Better Baked Pasta

Easy ways to improve lasagna, mac and cheese, ziti, and more

1. **UNDERCOOK THE NOODLES** Boil pasta 3 minutes less than the package directions; it will finish cooking in the oven.
2. **SAUCE GENEROUSLY** Make sure all of the pasta is well coated in sauce so the noodles won't dry out as they bake.
3. **MAKE THE BREADCRUMBS** Homemade crumbs vary in size, which creates a crunchier topping.
4. **LET IT SIT** Freshly baked pasta should rest for about 5 minutes so it can firm up and become easier to serve.

> "When making a baked pasta, grate hard cheeses like Parmesan yourself. It takes a little more time but will melt much better than the pregrated kind."
>
> —**Pam Lolley,** Test Kitchen Professional

SUPERMARKET SMARTS

Know Your Mozzarellas

Learn the difference between these two common types

FRESH: Tender balls of fresh mozzarella are sold in containers filled with water. Enjoy this kind cold or at room temperature, but keep in mind that it's not the best for baking.

LOW MOISTURE: This cheese can be bought in plastic-wrapped blocks or shredded in bags. It contains less water and melts really well, making it an excellent choice for pizzas and oven-baked pastas.

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EDITORS' PICK

The Best Marinara

Containing just eight ingredients, Rao's Homemade Marinara Sauce has a bright, tangy flavor that's not too sweet. SL

ANTONIS ACHILLEOS; PROP STYLING: AUDREY DAVIS; FOOD STYLING: EMILY NABORS HALL; PORTRAIT ILLUSTRATION: MICHAEL HOEWELER

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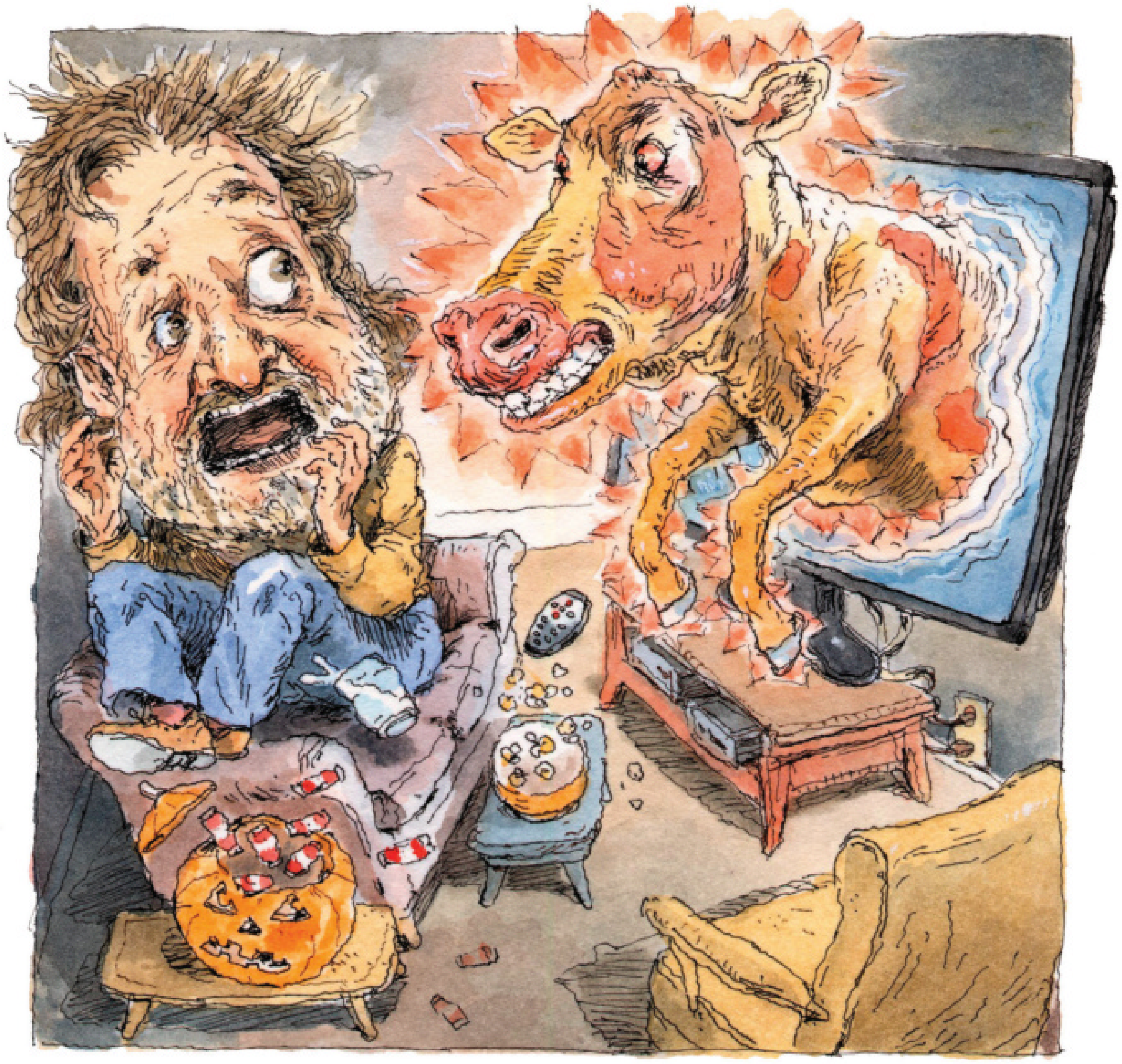

Scare Tactics

Seen anything spooky on TV lately? Me neither

by

RICK BRAGG

ILLUSTRATION BY **JOHN CUNEO**

I DO NOT NEED to be badly frightened at Halloween. I am old. Nothing good ever comes from unduly scaring the aged. We are prone to screech "Eek!" or "Oh, my!" and face-plant into a 3 Musketeers candy bar.

It has been years since I walked, knees knocking, through a haunted house, which is just as well. My reaction if something jumps out at me in the dark is to curse, swing wildly, and then pass out. No, I only need to be scared a little, in that pretend way that makes this season so delicious. A sugar-addled 5-year-old with an orange pumpkin full of SweeTarts will do it. Heaven knows the last time most kids washed their hands.

I remember a show in 1986 about a sealed vault in Chicago that was said to contain Al Capone's treasure. It turned out to be nothing...but Geraldo Rivera's mustache did frighten me a bit. That said, if you promise to scare someone even a little, then you need to follow through. Don't hint at a shiver or two and then weasel out.

That is why I don't understand this new genre of reality television shows promising us a cursed this or cursed that, where brave adventurers and treasure hunters, secret maps in hand, confront ancient booby traps, UFOs, and radioactive cows—and dig a bunch of holes. First, it was the granddaddy of them all, *The Curse of Oak Island.* Then came *The Secret of Skinwalker Ranch* (one episode somehow managed to combine bizarre livestock with a flying saucer) and—my favorite—*The Hunt for a Cursed World War II Jungle Treasure Protected by the Ghosts of Samurai Ninja Zombies,* or some such.

It may just be that shows about prolific ditchdigging don't send shivers down my spine. I have tried to watch *The Curse of Oak Island,* but after three or four years, I realized that the nastiest thing they were ever confronted with was a complicated sewage problem.

I once had some serious field line trouble with a house in Cedar Springs, Alabama. And I can tell you right now that nobody offered to do a TV show about it. On Oak Island, they have been digging and pumping and looking consternated for as long as I can recall, opining about tiny scraps of paper and something called the "Money Pit." I dug for three years around my septic tank and never found a dime, though I did get it to drain away from the house. I guess it was a matter of marketing. *The Curse of the Wildwood Subdivision* just wouldn't sing. But I'll tell you one thing: A runaway septic tank is a haunting you don't need.

What amazes me is that this show has gone on for years, and I have seen not one curse. I can no longer remember whether it was the Romans or the Knights Templar or Capone who hid that treasure, but if they don't find something soon, I'm switching to The Weather Channel. SL

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